Israeli Martial Arts

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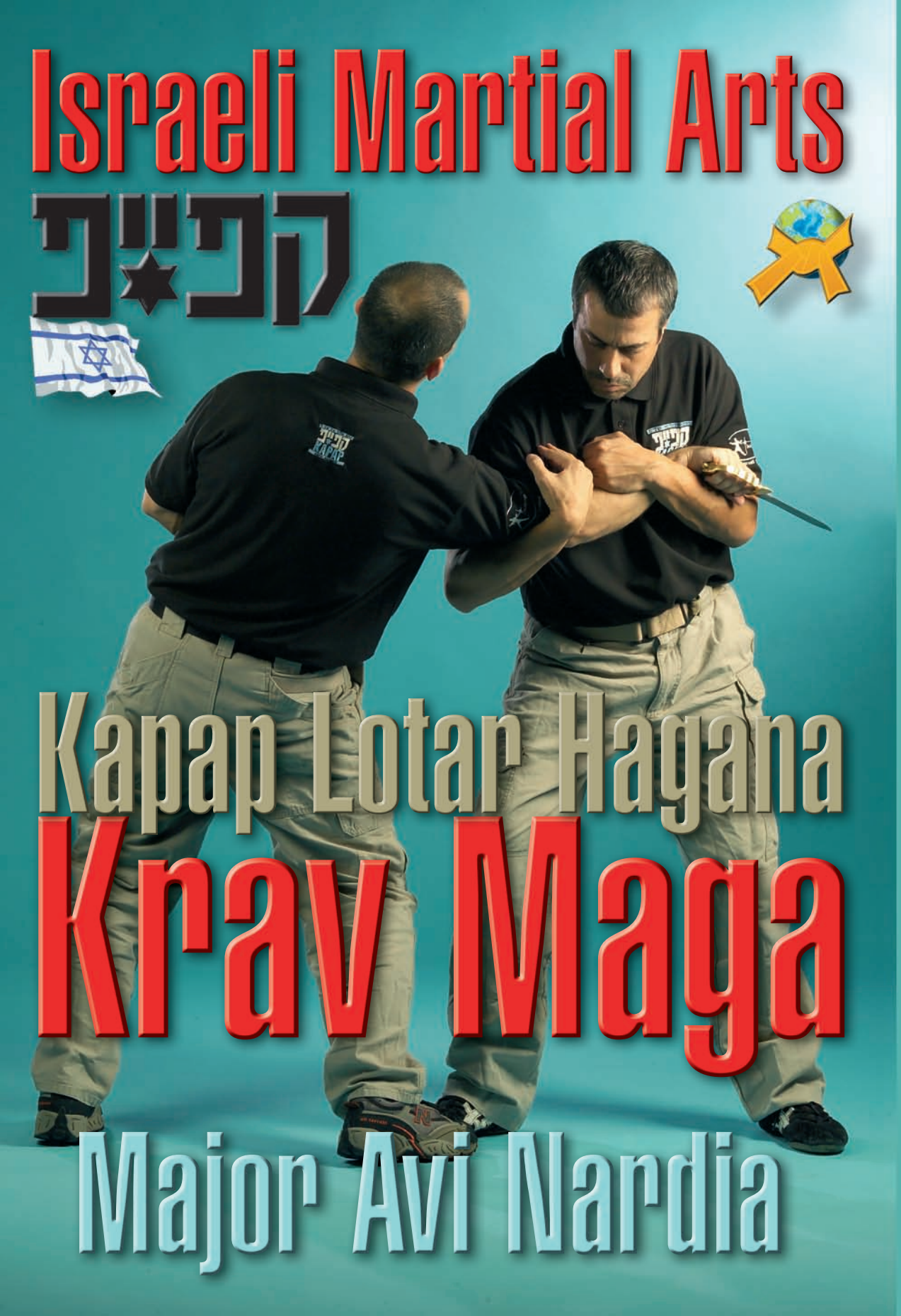

Kapap Lotar Hagana

Krav Maga

Major Avi Nardia

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Israeli Martial Arts

Krav Maga

Kapap. Lotar. Hagana

Major Avi Nardia

Preface by the editor

It has been a privilege for me to work these years with Major Avi Nardia, a real expert on personal and professional self-defense, but above all a Martial Artist of great prestige, respect for tradition, huge freedom and a deep vision. So far I haven´t heard him speak ill of anyone, quite the contrary and, believe me, that is not common in this field.

The great explosion of Martial Arts media in Israel has led plenty of opportunists to jump in the bandwagon, in the hope of profiting from the ignorance of the general public in this subject. Fortunately, nowadays we can find experienced and qualified authors like Avi Nardia to make the difference.

Krav Maga, Lotar, Kapap Panim el Panim, all these are names that, even if they are not synonyms, they show aspects of the same reality that has found its way among the professionals in this sector: Martial Arts in Israel. Most of the texts in this book belong to Avi Nardia, but it also includes some of his main partners and collaborators, high level experts like Albert Timen (the only man who has stopped bare hands a suicide terrorist loaded with bombs). Avi has known to be close and to collaborate with some of the best experts in Martial Arts nowadays, as John Machado or Lieutenant Colonel Chaim Peer, to cite just a few.

You have in your hands the best introduction to Israel Martial Arts available at this moment. This book has an extensive practical section, but not least, theoretical chapters that will be tremendously inspiring for their insightful comments and suggestive concepts born of experience. Avi Nardia´s brilliant conclusions in this area are the result of actual experience in combat; we can say that every word in this book has been written with the blood shed by the mistakes of many of his peers, and by the courage and determination of many others who have been able to survive in the worst of all possible scenarios.

Alfredo Tucci
Managing Director of Budo International

Presentations

המרכז הבינתחומי לספורט
ביה"ס להסמכות והשתלמויות

Good luck to Avi Nardia and Albert Timen for their new book presenting the Kapap System published by Budo International Magazine.
Knowing you both for several years and your personal qualities I'm certain that this book will succeed. I am sending you my best commendations and wish you well abroad.

Dr. Barak Shimon /Yerocham
Sport & school Director
Tel-Aviv University Sports Club

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www.sports-center.co.il

Lt. Colonel (Res) Chaim Peer

My warmest and sincere congratulations on the publication of the new Kapap book by Budo Magazine in cooperation with Avi Nardia and Albert Timen.

Having had the pleasure of knowing the gifted Avi Nardia, whom I am acquainted with for many years now, I am certain that only good will come out of this book. Avi is a bold fighter and a true martial artist in the real sense of the term, a man of his word and a good close friend. My feelings are mutual regarding Albert Timen and his renowned hot weapons expertise.

Congratulations on this new and high-quality book. I strongly recommend this book for anyone who takes martial arts seriously.

Lt. Colonel (Res) Chaim Peer
Kapap - Krav Panim El Panim Federation Founder
Tel Aviv University KAPAP

Dr. Barak Shimon / Yerocham

Good luck to Avi Nardia and Albert Timen for their new book presenting the Kapap System published by Budo International Magazine.

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Dr. Barak Shimon /Yerocham
Sport & school Director
Tel-Aviv University Sports Club

Patrick McCarthy

I first met Major Avi Nardia nearly twenty years ago during the time he resided in Japan. I was immediately impressed by his devotion to the martial arts and found his fighting spirit truly remarkable. I thank him for acknowledging my influence upon the development of " KAPAP- LOTAR " - Chaos

Control - Combat concept along with Mr. Albert Timen the Kapap Academy President, but if anything, I merely guided a couple of friends to think outside the box where they did all the rest of the work themselves.

With years of hands-on field experience in the fight against terrorism,presently the world's most dangerous criminal element, Albert and Avi's military service is also exemplary. However, I think it was theirpreoccupation with developing and systematizing the most comprehensive fighting techniques along with continually improving methods of imparting its application practices that have earned them their reputation. Simply put thosemen are two of the most prominent innovators of anti - terrorism of our generation.

Having had the pleasure of working with the Military, Police and the secret service, as well as the Israeli Counter-Terrorism top units in the past, I was delighted to learn that they had drawn upon some of my own two-person application drills in the development of KAPAP-LOTAR to help develop combative functionality.

With a trunk load of accolades from the some of the most impressive military commanders, reputable agencies of law enforcement, security, and the martial arts [both classical and contemporary] Major Avi Nardia and Albert Timen hardly need my recommendation for this book as their experience speaks for itself.

Rarely do people come along who contribute to the value chain - Avi Nardia and Albert Timen are certainly two of them. Drawing upon the most effective classical practices from many traditions the unique style and experience, eclectic approach and contemporary insight have resulted in the establishment a truly valuable fighting art.

Patrick McCarthy. Hanshi 8th Dan
International Ryukyu Karate Research Society
www.koryu-uchinadi.com

John Machado

Having been associated with Avi Nardia and Kapap for the past five years, I am glad to see this book finally make it from Israel, to the martial arts community, and finally, into your hands. As with any martial arts book that has been made, there will be some “experts” who doubt the abilities and/or expertise of the author(s) or instructor(s) who published the book. For me, there is no doubt as to the abilities or expertise of Avi Nardia and his teaching of Kapap.

I have heard Avi say that “sometimes you are the instructor and sometimes you are the student.” You might think that with 20 or more years of experience teaching Israeli and other martial arts to military and civilian groups from all over the world that Avi has nothing more to learn or to teach. Fortunately, this is not the case. Not only is he an instructor of Kapap, but he is also willing to be a student in other areas of the martial arts such as Brazilian Jiu-Jitsu and Filipino Combat Arts. It is Avi's willingness to learn new techniques and then adapt them into his teaching of Kapap that makes Avi, and this book, different from other books on the market.

For me, martial arts are a way of life. It requires dedication, respect, humility, and open mindedness. I know that Avi Nardia believes this as well. He reflects an attitude of maturity and humility, and he is willing to admit that he does not know it all. This, in itself, makes him somewhat unique to the martial arts community and it is a pleasure to be associated with both Avi Nardia and the Israeli martial art of Kapap and Im also happy to be Avi`s BJJ teacher !

Thank you
John Machado
BJJ www.johnmachado.net

Facing a gun!

Years of training and when the moment comes one doesn't know what to do... we have asked one of the top experts in "real" combat in the world, a man of proven courage in well-known conflict scenarios and we have put him in a tight spot… What six things one should keep in mind facing a pistol.

Events of the last several years have finally sent the "wake-up call" to the entire world. The United States begrudgingly joins with many countries in the sobering realization that its safety is no longer a guarantee. Most are beginning to see the big picture. Crime and terrorism are no longer threats that happen to someone else. Violations of public and personal safety have become increasingly open and brazen.

One of the most utilized weapons on the streets is a firearm.

In the eyes of the instructors within the LOTAR system dealing with real-world self-defense is of paramount importance, and it is for this reason that one of the most practiced components of LOTAR is weapon defense.

LOTAR was forged from the experience of continuous conflict. The evolution of the techniques and methods utilized within the LOTAR system have all been proven and tested within one of the world's most active and elite anti-terrorist units. This unit, known as the "YAMAM", understands all too well that the consequences of mistakes mean life or death.

LOTAR specializes in streamlining the techniques until all that is left are natural and effective techniques to deal with a threat in the quickest and most instinctive way possible. The instructors at LOTAR have trained numerous law enforcement and military personnel in self-defense and anti-terrorist techniques for many years. However, the LOTAR techniques are now being shared with the public for the first time outside of Israel.

1. Field of Fire

Understanding the direction and distance or point of fire of the weapon. This includes understanding the "field of fire" in which the weapon can be fired, as well as the distance or range in which the ammunition can cause harm.

2. Understanding the weapon

Understanding the weapon and how it is utilized. Remember that edged weapons never run out of ammo but guns do. Firearms can jam or malfunction. With proper instruction you can learn techniques to effectively cause a weapon's malfunction while disarming an attacker. It is for this reason that an understanding of a firearm's mechanism is of paramount importance. You should be able to understand and identify the differences between a revolver and a semi-automatic weapon; the difference between a handgun and a shotgun or rifle.

3. Situation Evaluation

Evaluate in an attempt to control the psychological aspect of your situation. Focus and stay in control of your emotions. For most training, it is required to stay calm and focused internally in spite of your outward appearance. Your body language can easily escalate an already emotionally charged situation. The attacker's body language can provide clues as to his intentions. You must train to begin an understanding of techniques in attempting to control the situation verbally and physically. You must evaluate the attacker. Is he a punk kid that is very excited and seemingly inexperienced or is he a professional criminal that is under control? Understand that if you see the weapon, it is probable the attacker does not have the intention to just shoot, the attacker wants something. This behavior on the part of the attacker can allow you valuable moments, giving you the time to make choices. To defend or not to defend.

4. Timing

Understand and train in the use of timing. You must learn to utilize timing to your advantage. If your evaluated decision or only option is to attempt to disarm an attacker, you must move quickly, decisively and unsuspectingly to control and take the weapon away, like a magician that is trying to make a watch disappear off of someone's wrist.

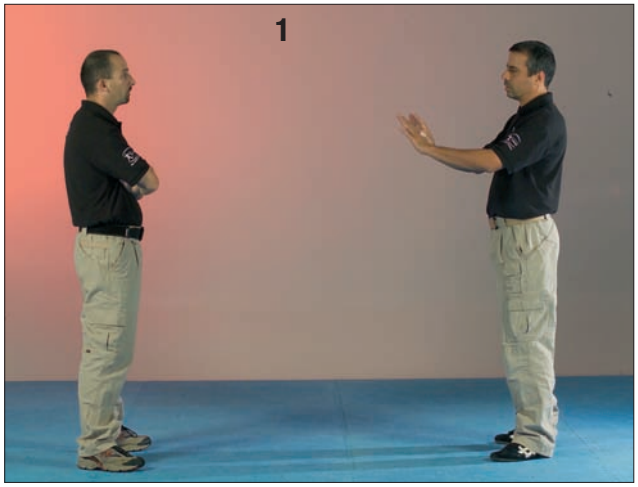
5. Situational Awareness

Possess awareness of your surrounding environment. You must be aware of your surroundings at all times. An attacker seeks the unaware and unsuspecting. In any surrounding, make mental notes of potential escape routes, items that can be used as weapons and other people that will be placed in harms way should a threat or conflict arise. In the case of an attacker with a firearm, you must pay attention to where the bullet will be discharged if fired. Either as a law enforcement officer with your partner or a civilian with a bystander or family member, you must know where others are located when moving the weapon.

6. Post Conflict details

Be ready for the post conflict. It has been found that people who have been attacked often do not remember the face of the attacker even though they were looking right at it. Remain calm and remember to visualize and take mental notes of details. Try to take a mental photograph of the attacker's face, clothes, weapon, and any distinguishing marks on the person body or vehicle.

In conclusion, we need mention the key elements essential to these points: awareness, timing, speed and understanding distance. You must pay very close attention to controlling the weapon before any additional strikes or action. Once the weapon is truly in your control, then you can strike to multiple targets as your style and situation delegates. You must practice the techniques with each hand as well as under different types of stress levels (i.e. cardio-intensive workouts. Also change lighting and environments to follow real world scenarios). Proper and continued training in these six basic points of firearm defense may very well make the difference between life and death when faced with real-world threats. Don't be caught unprepared; it might be the last mistake you make!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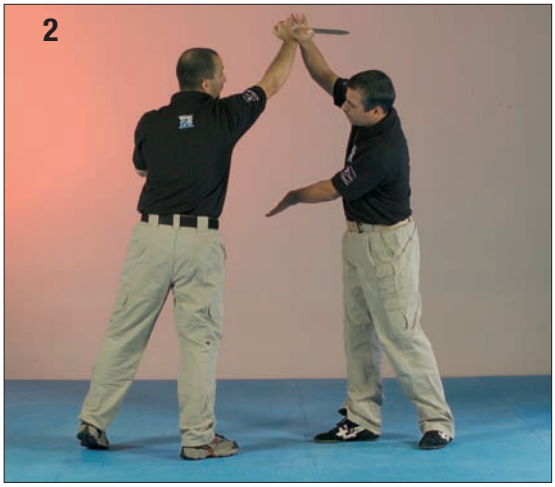
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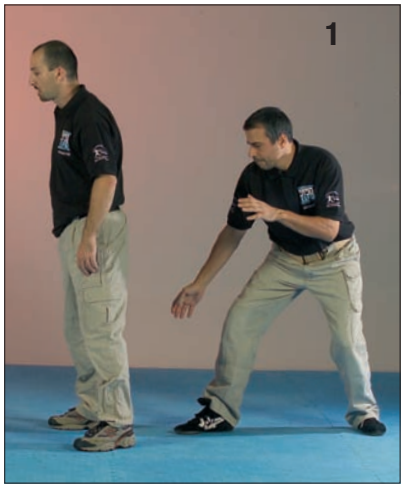
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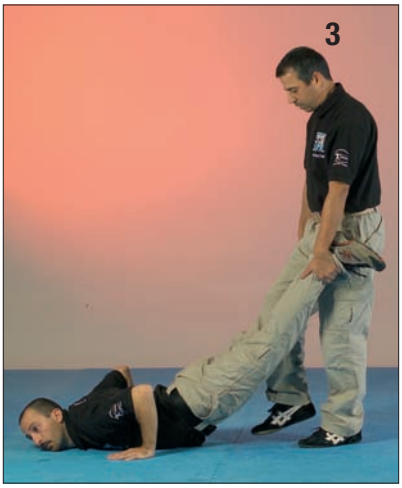
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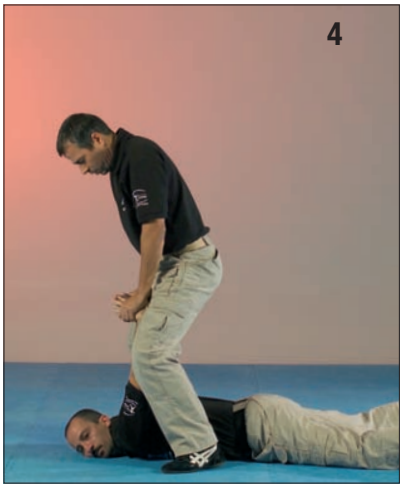
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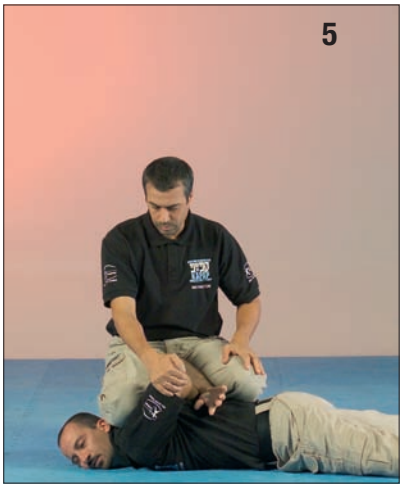
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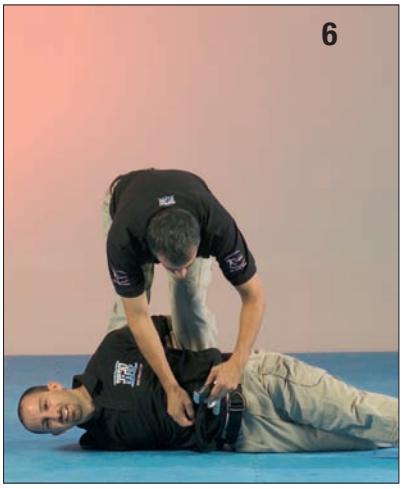
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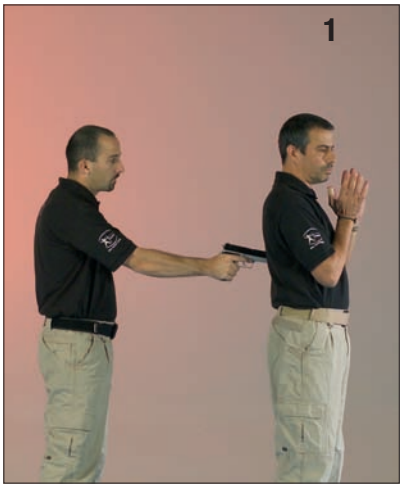
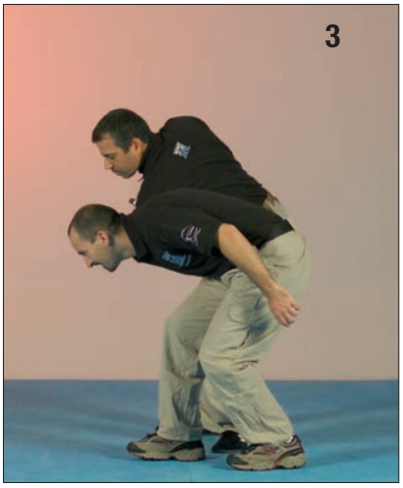
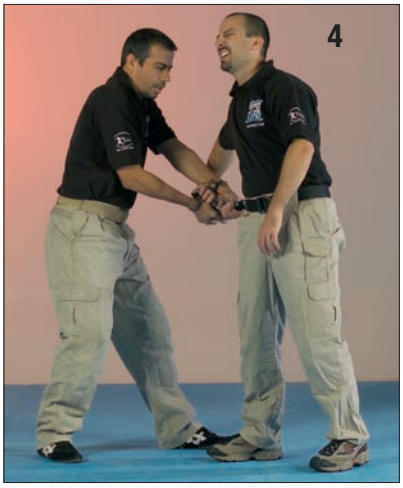
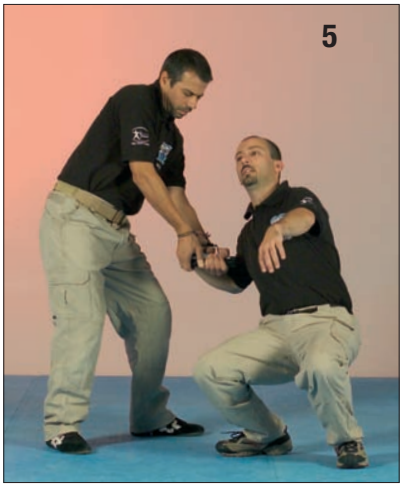




Gun Disarming as your hands are locked with Hand cuff





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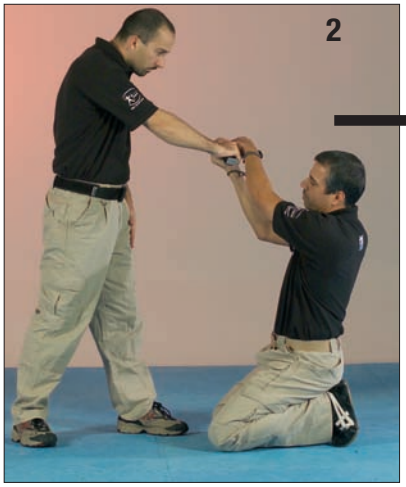

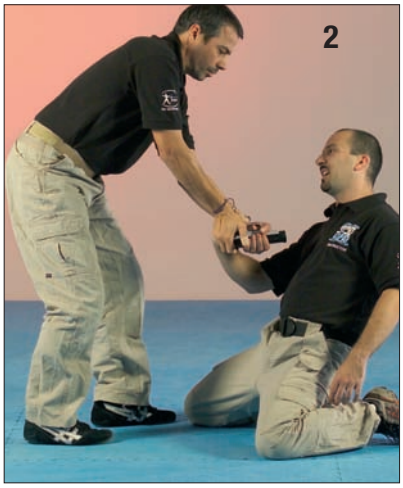

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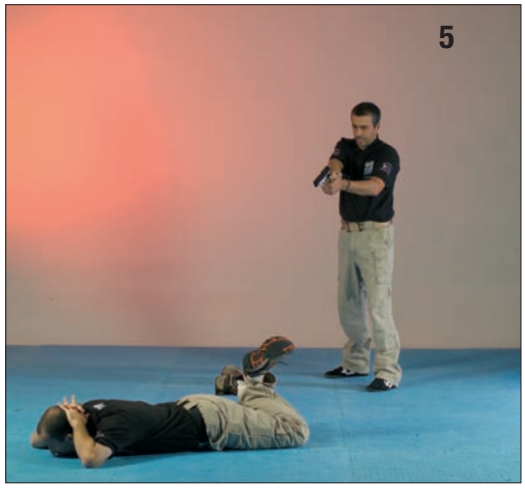

Gun Disarming as your hands are locked with Hand cuff

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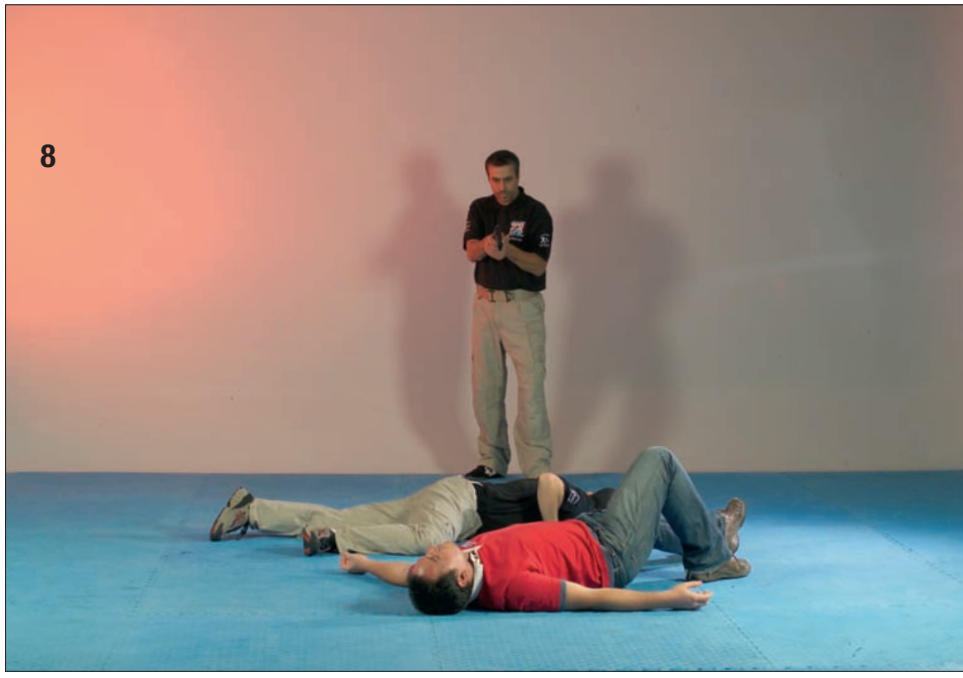
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Israeli Martial Arts and Deadly Mistakes in Gun Disarming!!

Gun disarming is one of the most important skills you want to obtain when training in a martial art that claims to be about self-defense. Now that reality based martial arts have become extremely popular, many so called reality based instructors have started to show knife/gun disarming techniques without realizing that they contain deadly mistakes that can get their students killed !!

I asked my friend and teacher Avi Nardia to talk about the subject of gun disarming. Avi Nardia is a former intelligence team member and CQB instructor of the Yamam, Israel's premier counter-terror (takeover) unit, equivalent to the U.S. Delta Force and F.B.I Hostage Rescue Team (Matkal and Yamam are the only special forces as Take over units all others units are engagements and assistants units). Avi Nardia's Israeli CQB system, also known as Kapap, has been recognized by Jim Wagner, founder of Reality Based Martial Arts, as the first Israeli Reality Based system. Avi is one of the top instructors of CQB Defensive Tactics in the Israeli Army and Police, and I think the only Israeli martial arts instructor in the world who was an official instructor of the Israeli Army, Police and Special Forces.

In his 24 years of experience, he earned the rank of major in the Israeli Defense Forces (IDF), and trained armed forces all over the world, including SWAT, SRT, SERT teams, special forces, corrections officers, Army and Marine units and counter terror units. To this day, he is a CQB trainer in the IDF Reserves, as well as a Reserve Police Sniper.

As we met he smiled, took off his shoes and began to tell me about Israeli CQB and martial arts. He started with his basic principles:

Any weapon – one mind

Always a student, sometimes a teacher

Better to remain a student of reality than a master of illusion

Knives never run out of ammo or jam, that's why edged weapon are the most dangerous

The Israeli CQB Art of Kapap has been written in special ink, called blood. The knowledge came from experience, many times by making tragic mistakes, then studying the results to understand what

needs to be done the next time. Unfortunately, Israel is the most experienced nation in the world when it comes to Terror, and that is why it has developed one of the most valued CQB training systems in the world.

CQB is about evaluation and evolution. A few hundred years ago, archery was a combat tool, while today it has evolved into a traditional martial art (i.e. Kyudo, Zen and the Way of Archery). An arrow is an edged weapon, which is projected to a target, using a bow, allowing the fighter to attack his enemy from a distance. A bullet, while not exactly an edged weapon, is projected to the target, by means of gunpowder, allowing the fighter to attack his enemy from a distance. Guns are the archery of modern times and we see them as an integral part of modern Israeli martial arts. And let's not forget that when you disarm a gun you must know how to retain it and use it later.

Israeli CQB training owes its development to many names. Though most are missing from any list you will find (and never declared them self as "Masters "), all have donated to the art, and no individual can claim sole ownership. To understand more, research names such as Hanna Senesh, Solomon Aruch (as shown in the film Triumph of the Spirit), Meir Har Tzion, 11 Olympic Athletes massacred in Munich, Daniel Pearl and Ron Arad. If you don't understand the roots and culture you won't get it.

In Kapap we don`t bow and don`t give belts, since this is the way of Japanese martial arts and culture, not Israeli. Actually, according to Jewish (and also Muslim) culture, we are not allowed to bow unless it is to God, whereas in Japanese culture bowing is a part of saying hello.

Official instructors in the army and police never awarded belts. Either you are the student or the instructor. If you are the student you don`t need a belt - you need to be empty to get it all, and if you think you are a black belt you missed the point of CQB. An army or police teacher will often find himself teaching one day and fighting alongside his students the next.

The most valued part of Israeli CQB is the fighting spirit, just as in traditional martial arts. Traditional and modern CQB such as Kapap are the same and work side by side.

Kapap was the first CQB training introduced in Israeli history and was based on stick fighting, knives, guns, and hand-to-hand and

even stone throwing in the old days. The idea of any CQB is fight with what you have at hand…

One day I was asked what is the best gun? And I answered that it is the gun that you have in your hand when you need it. That is also the main idea behind Israeli CQB. Today, there are people claim to own it or be the sole representative, when they actually know very little and have never even set foot in Israeli Martial arts, and they are giving Israeli arts a bad image among serious martial artists.

Evaluation and evolution must be done for every technique to see if it fits our aims. Kapap is based on evaluating a technique to determine whether it can be done by any solider (for civilians, whether it can be done by the weakest man or woman). It needs to be easy to teach (there could be a better technique but if you don't have years to train it, start with an easier one). You look for simple, fast techniques to study and remember. The importance of this point was emphasized to me recently when I had the pleasure of meeting one of the first Kapap instructors in Israel, Abe Drori, who lives in Los Angeles. At the age of 70, he suddenly found himself facing a 45 magnum in a downtown LA alley. He used an old Kapap technique and disarmed the assailant.

Another important consideration is liability. When teaching military CQB, you can stay in the killing zone, but for a civilian, after disarming a knife you don`t want to kill the guy and go to jail. When teaching police CQB, there are other considerations. Any police defensive tactics program must be approved legally, medically and politically. You don`t want to turn on your television and see a policeman kicking someone.

Two years ago I introduced the Kapap system to the American public, since I didn't like the commercial way in which Israeli martial arts were being presented to civilians. More importantly, since the people claiming to teach it were never instructors in the Israeli army, police or secret service, the "Israeli" martial arts being taught were full of mistakes and many times were being taught as fitness. Israeli martial arts are not some kind of popular aerobic kickboxing, they are martial arts of self defense!!

When someone is going to kick you, your life is not at risk, only your ego…but when someone pulls a knife or gun on you, you need to know how, when and if to act.

Gun Disarming. 7 points

Let's get back to Gun Disarming. You have seven basic points basic for gun disarming.

First and foremost is Luck…

sometimes you can do every thing right and you die… that's because life is different than what we think we know. In reality, anything can happen and even if you don`t make a mistake something can surprise you. For example, in the September 11 report there was Israeli former Special Forces man named Daniel Levin (rest in peace)who was flying on a business trip on one of the flights. When the terrorists acted he jumped on one of them and start to fight with him, as most Israelis would do, since their mindset is to fight a terrorist and not to sit back and wait. Another terrorist that was sitting there as a sleeper stabbed him in his back and he became the first victim of September 11 and got his act mentioned in the September 11 official report. So even when you operate correctly, life can surprise you.

I have a friend who is a Lotar instructor at the Army who jumped on a suicide bomber and arrest him alive. When he told me how he did it I was amazed that he didn't die in the attempt. So many times we talk about luck…and that's the first point!!

The second point is the Field of Fire

-that is understanding the direction and distance or point of fire of the weapon, as well as the distance or range in which the ammunition can cause harm, including ricochettes. You can't disarm a shotgun as you would a handgun -the ammo is different. Many times I see "experts " moving the shoot gun aside but they are still within the field of fire, and that's the last place you want to be.

3. Understanding Gun Technology

Understanding the weapon and how it is utilized. Remember edged weapons never run out of ammo but guns do. Firearms can jam or malfunction. With proper instruction you can learn techniques to effectively cause a weapon's malfunction while disarming an attacker. It is for this reason an understanding of a firearm's mechanism is of paramount importance. You should be able to understand and identify the differences between a revolver and a

semi automatic weapon; the difference between a Handgun and a Shotgun or rifle. Also don`t forget that after you disarm the gun it is in your hand now. Since you don`t want to start grappling with your enemy, who may be stronger than you, you need to know how to use it. You need to be very good with guns since the weapon you now have in your hand may not be the one you would choose to buy in a store…it's the gun your enemy had. For this reason, all of my students, from a certain level, must have experience shooting with a variety of weapons. We hold special training sessions at a shooting range with different shooting scenarios. I teach them to clean any jam under stress and to make the gun function. I also teach liability issues when shooting - for example you don`t want to shoot an enemy if he is escaping (as civilian) .

4. Situation Evaluation

Evaluate in an attempt to control the psychological aspect of your situation. Focus and stay in control of your emotions. For most students, training is required to stay calm and focused internally in spite of your outward appearance. Your body language can easily escalate an already emotionally charged situation. The attacker's body language can provide clues as to his intentions. You must train to begin an understanding of techniques in attempting to control the situation verbally and physically. You must evaluate the attacker. Is he a punk kid that is very excited and seemingly inexperienced or is he a professional criminal that is under control? Understand that if you see the weapon, it is probable the attacker does not have the intention to just shoot, the attacker wants something. This behavior on the part of the attacker can allow you valuable moments, giving you the time to make choices. To defend or not to defend. Also if he asks only for money never fight back - give him your money and stay alive!! You fight only if your life or your family's is at risk. The graveyards are full of heroes….

5. Timing

Understand and train in the use of Timing. You must learn to utilize timing to your advantage. If your evaluated decision or only option is to attempt to disarm an attacker, you must move quickly, decisively and unsuspectingly to control and take the weapon away, like a magician that is trying to make a watch disappear off of someone's wrist.

6. Situational Awareness

Possess awareness of your surrounding environment. You must be aware of your surroundings at all times. An attacker seeks the unaware and unsuspecting. In every surrounding, make mental notes of potential escape routes, items that can be used as weapons and other people that will be placed in harms way should a threat or conflict arise. In the case of an attacker with a firearm, you must pay attention to where the bullet will be discharged if fired. Either as a law enforcement officer with your partner or a civilian with a bystander or family member, you must know where others are located when moving the weapon.

7. Post Conflict Details and Preconflict

Be ready for the post conflict. It has been found that people who have been attacked often do not remember the face of the attacker even though they were looking right at it. Remain calm and remember to visualize and take mental notes of details. Try to take a mental photograph of the attacker's face, clothes, weapon, and any distinguishing marks on the person's body or vehicle.

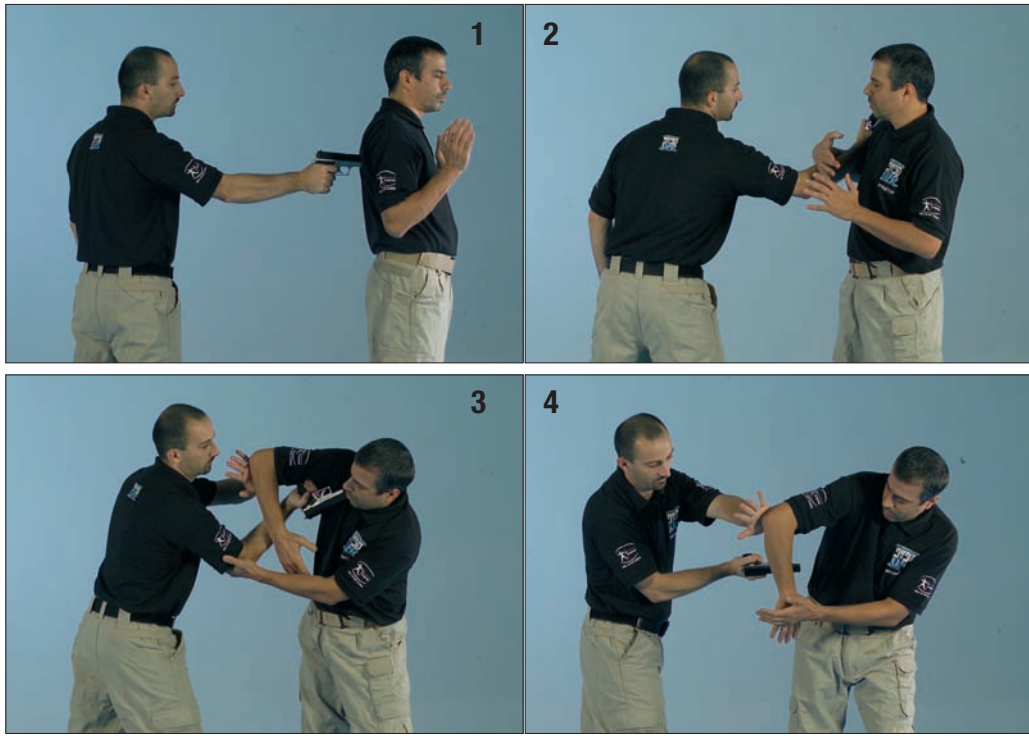
In conclusion we need to point out the key elements essential to these points are awareness, timing, speed and understanding distance. You must pay very close attention to controlling the weapon before any additional strikes or action. Once the weapon is truly in your control then you can strike multiple targets as your style and situation delegates. You must practice the techniques with each hand as well as under different types of stress levels i.e. cardio intensive workouts. Also change lighting and environments to follow real world scenarios. Proper and continued training in these basic points of firearm defense may very well make the difference between life and death when faced with real world threats.

And remember, as all martial arts teach, the art of war is the preconflict stage. If you can, stay away from conflicts by avoiding the scene of conflict (e.g. girls, don`t go to up to Mike Tyson's hotel room after midnight …). The best defense is to avoid the conflict!!!!

Text by Srg. Uri Kaffe

INSTRUCTOR

Deadly mistakes in front of handgun



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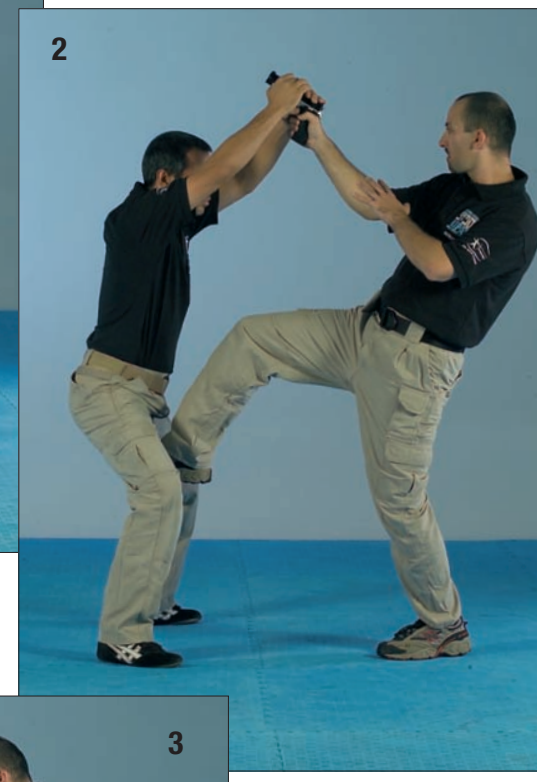
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Deadly Mistakes facing a gun

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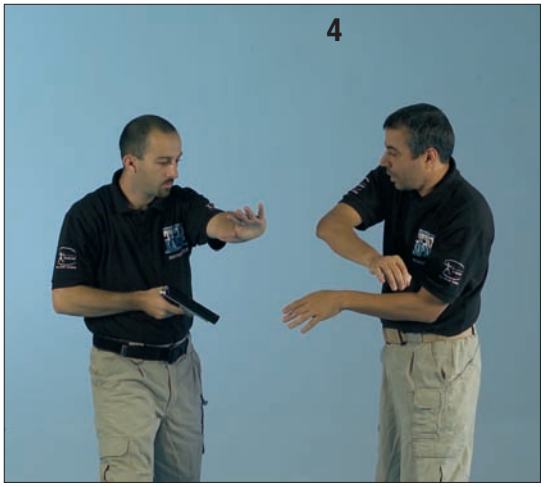
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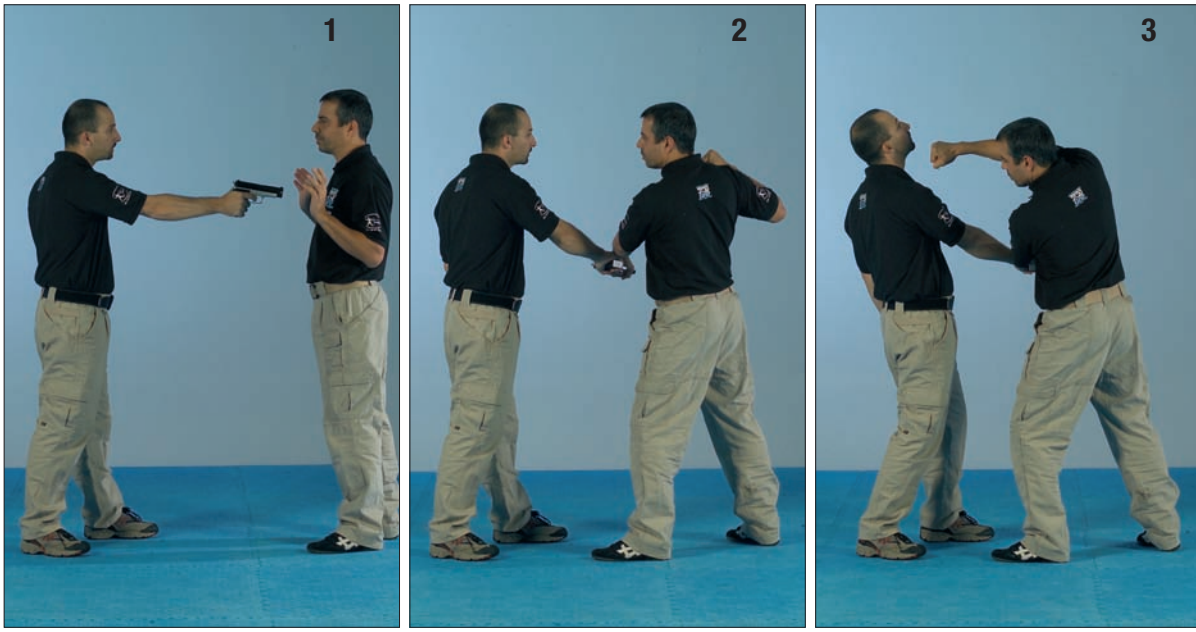
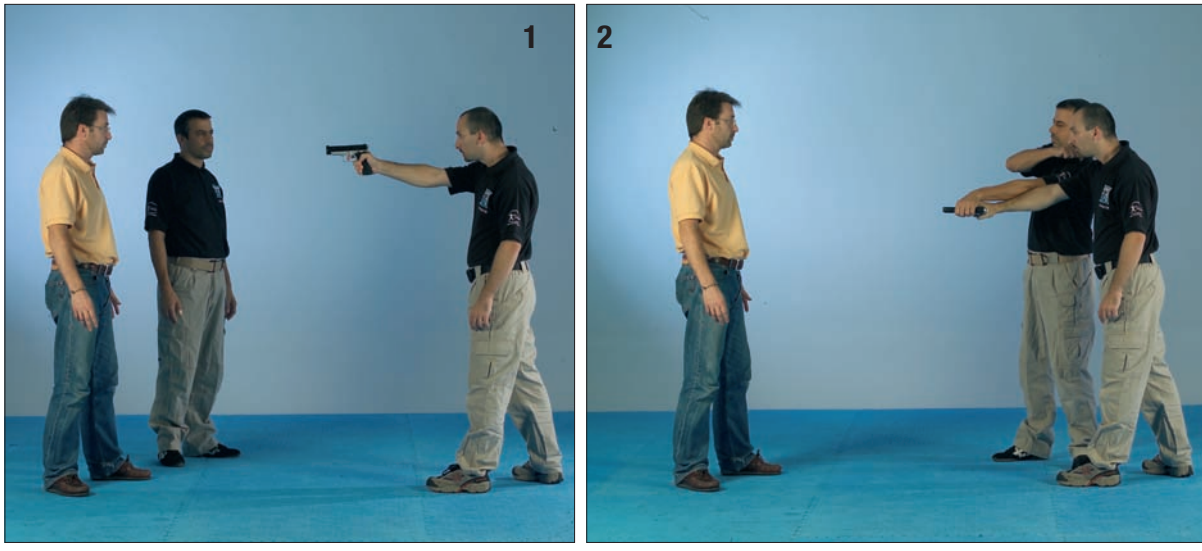


Deadly technique for front VIP defense



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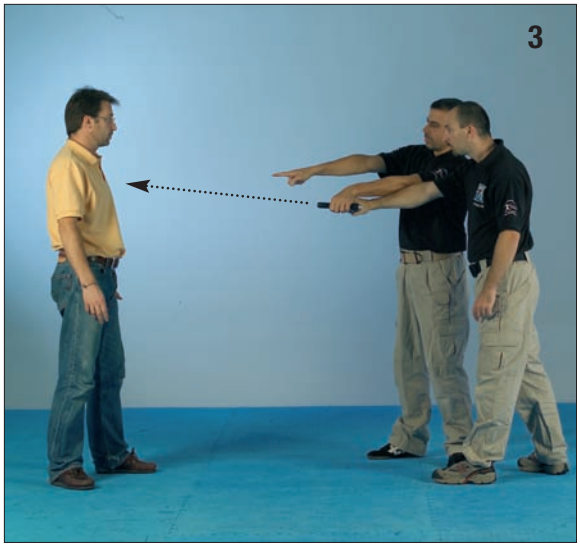
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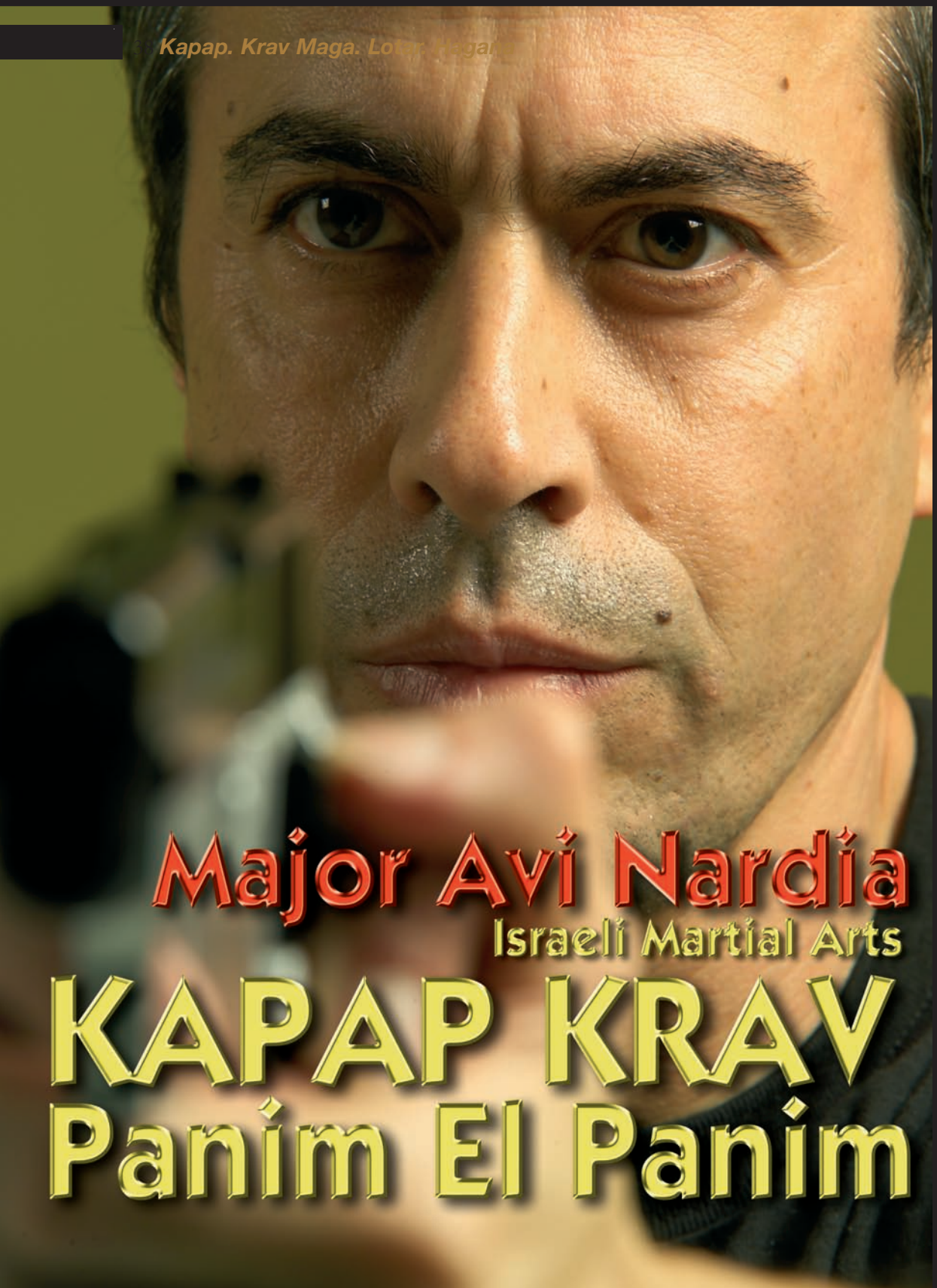

Major Avi Nardia

Israeli Martial Arts

KAPAP KRAV

Panim El Panim

KAPAP-Krav Panim El Panim The Analization of the Israeli Martial arts

The Martial Arts from Israel are having a great deal of success. Without a doubt, the concept of "reality" implicit in these styles is based on the fact that the necessity arises in the Israeli army special forces in their daily confrontations.

Beyond the political or geo-strategic considerations, we can affirm without any fear of error that these experts, immersed in such tough work, really know what they are talking about. It is true that the genuine specialists in this material don't quickly make themselves known. Regardless of the initial confusion, and especially the legal arguments in the U.S. concerning the use of one or another nomenclature, the real Israeli Martial Arts are those that arise from the heat and clamor of battle. Therefore, those like Avi who have been instructors in the Police and army of that country have, as we understand it, that which is truly the most interesting to learn, the knowledge and experience coming from the fruit of real combat. Hardened experts like Major Avi Nardia (currently a retired Major of the Israeli army living in the U.S.) are having a big impact on the lovers of the Israeli Martial Arts, due especially to what very much distinguishes this style from others, that it arises from real and direct experience of combat. This experience is being greatly taken advantage of by the United States army where Avi has trained many soldiers sent to Iraq, as well as diverse international agencies fighting terrorism.

Wrote by Sam Adrian Markey Kapap - Krav Panim El Panim in UK, Irland and Scotland and Major (Res) Avi Nardia which is Official Krav Maga Instructor at the Israeli Army and Official Instructor at the Israeli Operational Police Academy (which is federal and all police forces at Israel take there hand to hand ,fitness and shooting training and Operational behavior) and was the Official Instructor to Israel Top Counter Terror unit and teaching Kapap - Krav Panim El Panim and Israeli Krav Maga and CQB www.kapapacademy.com

To understand Israeli Martial arts you need to understand the history of how it began and continues to exist, to see the goals achieved, and what has been accomplished.

You cannot sit in Los Angles and teach celebrities Israeli martial arts

and claim to be the official system of the Israeli army if you have never served a day at the Israeli army you would know nothing about it.

Israeli martial arts come from ancient history. The modern art started around the late 1940s. This was due to the fact that during this time the Jewish people were under attack and they had to fight back not so much for culture or a life style they had to fight to survive. That's why to put belt system and bow is wrong, you start to lose the idea of the Israeli martial arts which is more concept before it is a martial art.

There are many famous names from the Israeli martial art history such as Slomon Aruch from which the movie ¨Triumph of the Spirit ¨was made about his life story. Slomon Aruch had to fight on daily basis at the Nazi camps to survive as they would arrange boxing matches and would have to fight; also Hana Senseh was a woman paratrooper who fought against the Nazi's during the war. Oli.Giveon was the commander of the revengers unit that fought the Nazi's and was responsible for hunting down the war criminals to bring justice. There are many legendary fighter's alive today such as Mehir Har Tzion and others, This is the real history of the Israeli martial art and CQB training, it has been a long road to the Israeli martial arts and CQB and no one person should be allowed to take ownership on it and try to trade mark it for money, The Israeli martial arts and CQB has no one owner or creator!!!

As you start to study the Israeli martial art and CQB you need to understand the Israeli culture and to know as who is Eli Coen and why it is a today a fight to get his body to Israel, you need to know who were the 11 Israeli athletes to be murdered at the Olympic games in 1972 (see the movie one day in September) you should also know that the first victim of September 11 was Israeli his name was Deniel Levin he was the first to fight in the airplane with the terrorist and was mentioned in the September 11 report. This is the history and the real Israeli martial art and you need to understand this is the way to the spirit of fearless determination which is the fighting spirit and the back bone of the Israeli martial art and CQB training and if you want to learn this Israeli martial art it must be from this same spirit to survive the fight and not because you have seen some actor that is in show business and marketing and know nothing about the real Israeli martial art.

The Development of Israeli KAPAP/CQB

Unfortunately, Israel is the most experienced nation in the world when it comes to terrorism and that is why it has developed one of the most valued CQB training systems in the world - the Israeli martial art of KAPAP/CQB, which has been written in special ink called blood. The knowledge gained in developing the martial art of KAPAP/CQB came from not only the experience of successful operations against terrorist attacks, but many times it came by making tragic mistakes. It was after these mistakes occurred that better techniques were developed to avoid making the same tragic mistakes again. For this reason, the Israeli martial art of KAPAP/CQB is about evaluation and evolution. Even today, the weapons of warfare and self-defence have evolved from earlier techniques and strategies. For example, a few hundred years ago the bow and arrow was a combat tool, while today we have guns - the bow and arrow of modern times and of modern martial arts. Just as the arrow was once the edged weapon projected towards a target, it is now the bullet that is the edged weapon. And instead of the bow as the force behind the delivering of the arrow, gunpowder now takes on the same role to deliver the bullet. That is why today, in the evolution of Israeli martial arts such as Kapap, we see guns being used as an integral part of the training, especially when it comes to gun disarming. Gun retention which should be taught as one unit together not only is it important to know how to disarm a gun, but you must also know how to retain it and, if necessary, use it. We see Guns and firearms as martial art!

Israeli CQB training, as well as KAPAP, owes its development to many different individuals. Though most of their names are missing from any list you will find, they have all contributed to the art and that is why no one individual can claim sole ownership of having developed it. As with any martial art, it is important to understand the origin of Israeli martial arts and to recognize the culture from which it began. For Israeli's, the roots of Israeli CQB came from anti-Semitism and the Nazi's desire to kill the Jews. It is the same feeling that some radical Muslim groups have today against Jews. It is from this climate of hatred that has given Israeli's their fighting spirit and to fight back, if needed, in order to survive. This is what Israeli martial arts is all about - to do whatever it takes to survive the fight. For Israeli's, the reality is that when you're in a fight for your life it's not important how

good you look delivering a spinning kick if there is a chance the technique will kill you. And why will it kill you? Simply because the spinning back kick is useless and the person you were fighting against used ugly, but practical, techniques to live another day.

Israeli KAPAP and Traditional Martial Arts

KAPAP was the first CQB training introduced in Israel and was based on stick fighting, knives, guns, and hand-to-hand and even stone throwing in the old days. The idea is to fight with what you have available in your hand. For instance, when people argue about what gun is the best gun to have or what knife is the best knife to have the answer is obvious - the best gun or knife, or any weapon for that matter, is the one you have in your hand when you need it. This is also the main idea behind Israeli KAPAP/CQB. It was not developed to create a new Ryu and lots of ¨new¨10th Dan grandmasters so that Israel could have a place in the international arena of martial arts. That is why there are no uniforms or belts or ranks or even bowing to an opponent when sparring or training. All are considered useless because they serve no purpose in an encounter involving a real, life-threatening situation. An example of what occurs during a real encounter occurred last year with a martial artist who was shot to death during a fight in parking lot. Although he was a kickboxing champion he lost his life to his assailant who shot him after he tried to grab the assailant's gun. Certainly, if it were a fight in the ring the martial artist probably would have won the fight. However, the fight was for his life and not for prize money. This is not to say that every encounter will end successfully, but how you respond to a situation will depend on whether or not you have the ability to effectively defend yourself or the mentality to accept the fact that it is okay to run away from a situation in order to stay alive.

As mentioned earlier, Israeli KAPAP is based on evaluation and evolution, which must be done for every technique in order to examine if it accomplishes what it is designed to accomplish. In KAPAP, techniques are also evaluated to determine whether any soldier or police officer can do it and, for civilians, whether they can be done by the weakest man or woman. The techniques must also be easy to teach. If the individual or group has a very limited time to train, easier and simpler techniques can be implemented to accommodate these training needs. However, if there is time to train, better and more specific techniques are also

taught. Another important consideration for teaching KAPAP is liability. When teaching military personnel, you teach soldiers to stay in the killing zone and continue the assault on the enemy. For a civilian, just the opposite applies. If after disarming a knife an individual decides to stay in the fight and attempts to kill the attacker there is a good chance that individual will be spending time in jail. Also, when teaching police officers, there are other things to consider since just about every law enforcement agency has a defensive tactics program that must not only be politically correct, but must also meet any legal and medical requirements before being implemented. So, although KAPAP is specific in its application it is still flexible enough to be used in any arena to meet liability concerns.

Today, CQB is a modern martial art while traditional martial arts are considered older styles. It is when these two are combined, the old with the new, that

they can then be effective. In essence, modern martial arts can't live without the traditional martial arts nor can the traditional martial arts live without the modern martial arts. The bottom line is, when some one is going to kick you your life is not at risk, only your ego. However, when someone pulls a knife or points a gun at you, you need to know how, when and if you should act. If someone says, “Give me your money” the best defence is to give him your money. If the encounter becomes more life threatening then you must also defend yourself. The question is - do you have the tools to know what to do and how to do it? The Israeli martial art of KAPAP is the self-defence system that can provide you with these tools when your life, not your ego, is on the line.

Introduction to Close Quarters Battle (CQB)

CQB can be described as combat taking place within buildings, cars, hallways, stairwells, rooms, enclosures, and other constricted spaces. Although CQB training first started with military and law enforcement personnel, it is now being taught to security unit personnel and civilians. CQB is important to security forces because the techniques associated with CQB serve as the foundation for recapture tactics. As a result, security units and their personnel must have the ability to respond to a “worst case scenario” by recapturing the asset that it is protecting.

CQB can involve - individually or collectively, hand-to-hand combat, weapons, and more. As a result, we need to be proficient with every move. For instance, with hand-to-hand combat we cannot assume that the enemy will freeze up when we engage him. We need to think that he will counter our moves so we need to consider this and be ready for it in the fight - whether it is with a firearm or with a knife. That is why in Kapap we include these elements as a part of the hand-to-hand combat program.

Violent Confrontation

This term is used to describe a meeting of two or more combatants (even if one or more is passive) where there is the potential for or actual use of extreme destructive force. This type of confrontation usually occurs at close range in a short amount of time.

The SOP 9 Study

This study was conducted in New York and examined every shot fired in the line of duty by law enforcement officials during the course of one year. Out of a total of 2,047 shots fired that year only 217 actually hit their intended targets and only 10 percent of these shots hit vital organs. During interviews with the officers involved in these shootings the majority of them commented that they never even acquired their front sights when they engaged their target. Additionally, these officers also experienced some or all of the following: The confrontations took place at the range of ten feet or less with duration of less than four seconds. During this time, fewer than five rounds were fired.

* The typical response was from the holster.

* A sudden feeling of shock and surprise overwhelmed the officers.

The end result of this study showed that the police officers were NOT trained properly enough to handle these of life and death situations. Now, can you imagine what it would be like for a civilian who has even less training than these officers? That is why, for civilians, realistic training is needed and should be conducted by experienced firearms instructors.

Things to consider:

Psychological Aspects: Under severe stress, the normal mental processes become extremely difficult and the mind resorts to its most basic processes.

The following are examples of psychological effects you may experience during a combat situation or any other high stress situation:

1. Tunnel vision: Under extreme stress your attention will primarily be focused on the greatest threat and, as a result, you will have a temporary loss of peripheral vision.

2. Auditory Exclusion: As with tunnel vision, you will focus on the greatest threat and will have the inability to hear for a period of time. For instance, you will probably not hear anyone shouting at you.

3. Electro Dermal Stimulation: A reaction of the skin that makes

the hair stands up on the arms and the back of neck.

4. Time/Space Compression: There will be a slow down in the perceived passage of time and a shift in perceived spatial relationship in times of high stress. This is caused by the inability to judge speed and distance and accurately balance the two. Also, you may experience a slowing down of time. In other words, everybody will seem to move in slow motion.

5. Mental Track: In most high stress situations, to include life and death situations, a person's ability to keep track of the details of the situation taking place around him becomes nearly impossible. In most police shootings, a police officer being debriefed after an engagement does not usually remember how many rounds that he fired. This can happen even in training. Therefore, as a shooter, you must learn to beware of the number of rounds you fired so the weapon does not run completely dry in the middle of a fire-fight. This concept of awareness not only applies to a shooting situation, but also applies to hand-to-hand combat and edged weapons.

Physiological Aspects: Regardless of how much training

an individual has certain studies, along with the SOP 9 study; show that during a combat situation, one or more physical changes take place in an individual's body. That is why proper training is necessary to help minimize certain aspects.

The following are examples of physiological effects you may experience during a combat situation or any other high stress situation:

1. Pulse and Breathing: In any excitable situation, pulse and breathing will always be affected. Your heart rate increases and your breathing becomes rapid and shallow.

2. Adrenaline: This is nothing more than a hormone that stimulates involuntary nerve action. The amount of stress you are placed under will depend on the amount of adrenaline released into the system. When adrenaline is released into the body, it stimulates the muscles. This causes them to tighten. Depending on the individual and the situation, this is more than adequate to affect an individual's shooting position or fighting position.

3. Coordination and Reflexes: Under any type of stress hand and eye coordination degrade severely, especially the coordination of the hand and fingers.

The Chemical Cocktail

The reactions just discussed are the result of the body's survival response to a potentially lethal situation. When suddenly placed in a life-threatening situation, the body will dump the below listed chemicals into the bloodstream and mix with sodium. This “chemical cocktail” creates an imbalance characterized by general muscle tightening and loss of fine motor skills. This chemical cocktail includes:

1. Epinephrine: An adrenal hormone that stimulates automatic nerve action (fight)

2. Nor - Epinephrine: A hormone that is formed naturally in the body's nerve endings during times of fear (flight).

3. Cortazol: A crystalline hormone released to the body's nerve endings during times of fear (fight).

The body's reaction: The body's response to this imbalance by releasing potassium to counteract the effects of the sodium. However, this process takes time and slows our ability to react. As a result, we must always seek to minimize the impact that this chemical cocktail has on us in order to improve our reaction times. We can do this by training to maintain the proper "mindset".

Mindset is a term used to describe an individual's state of mental readiness to act or react to a stimulus in our environment that ensures survival. This proper combat mindset is neither learned nor can it be taught, it must be developed from within. The tools you need for proper combat mindset can only be exposed in a schoolhouse environment to help you to develop yourself.

The Breakdown of the Mind:

Conscious Mind: The conscious mind is the thinking part of the mind. It takes seconds to make decisions when using this part of the brain. In any type of combat situation the conscious mind's decision making process is too slow to keep you alive. The conscious mind is a hindrance causing you to have to react to every situation instead of acting.

Sub-Conscious Mind: Reacts to situations. This part of the mind works in quarter Seconds, which is much faster than the conscious mind? It has to be trained in order for it to work properly.

When training, the skills being learned need not only to be simple, but sound and effective. The sub-conscious mind is only developed through proper repetition (muscle memory) in training.

You must strive for perfection each and every repetition.

If you train poorly, or if the training is too complicated or too detailed, when the sub-conscious mind takes over it will not be able to respond properly to the situation. What occurs is the conscious mind identifies the situation, realizes it cannot handle it, and then turns it over to the sub-conscious mind to react. That is why we say that in any type of combat situation a person must rely on his training in order to survive.

The Optimum Combat Mindset:

Optimum combat mindset is the state of mind where you have prepared yourself mentally (both consciously and sub consciously), physically, emotionally, tactically, and technically to endure the rigors of combat for prolonged periods of time and under extremely adverse conditions, and still remain effective.

Developing a Combat Mindset:

Like the body the mind needs to be conditioned to respond or function properly in combat. When faced with a combat situation you want your mind to be free of distractions so that all of your focus is on the mission at hand - such as getting out of a situation and if it's at the killing zone, killing the enemy and surviving the encounter). You need to be mentally prepared for death and injury and you need to go into the fight prepared for the worst. For instance, if you find yourself in a knife fight you should expect to get cut or if you go into a shooting you should expect to get shot.

Remember, response time is a critical factor in surviving a violent confrontation in a CQB environment. Do not waste time analyzing and second-guessing in an attempt to make the best possible decision. The time that is saved in the thought process will in turn save your life as you fight to end the fight.

One of the most Important things to remember is do not forget the One plus rule - if you get into a fight hand to hand think he could have a knife ,if he has a knife he could have another one or a gun

All the time keep alert and one step ahead!

Make Kapap Academy rules and Swords of Wisdom as a way of life.

The first rule is that there are no rules....

Kapap Academy "Swords of Wisdom"

Kapap - Martial art that teach traditional - cultural - contemporary-research - Explore - Personal teach evaluation of techniques with no conflicts Most People talk, we like to do Fearlessness and Determination is the Key of fighting Spirit to win the fight.

"Israeli martial arts and CQB is a concept before its martial art".

"Always a student, sometimes a teacher".

"Better a student of reality than a master of illusion".

"Any weapon - one mind".

"Edged weapons do not run out of ammunition and they never jam"

If you fight an edged weapon assume that you may get cut.

"There are two kinds of fights: for your ego or for your life. Kapap is for the fight for your life".

KAPAP agenda-we look for quality not quantity - Because of the experience- no one can fight with experience find a good teacher.

Everyone has a plan until hit.

Kapap-Krav Panim El Panim The next step in Israeli martial arts.

Deadly Mistakes facing a knife

Deadly Mistakes facing a knife

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Deadly Mistakes in Knife defenses

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Deadly Mistakes facing a knife

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Major Avi Nardia

KAPAP KRAV Panim El Panim

Finding the Right Teacher

"Without the right teacher, it cannot be called learning"

It is said in Budo that it is better to spend 15 years looking for a good teacher than not to do so and to start 15 years too soon.

Dogen, a Japanese Zen Buddhist teacher and founder of the Soto school of Zen in Japan, said, "Without the right teacher, it cannot be called learning".

The departure point for Budo begins with finding a good teacher, for if not, the exponent is likely to fall into the trap of doing Budo the wrong way.

A good teacher will impart the principles (called in Japanese - RI) of Budo to the student, and they will then be able to learn Budo the way it is meant to be. In other words, Budo becomes the instructor.

The instructor teaches the student how to learn the techniques. Even if the way this is presented is easy to follow, it is based on a series of profound principles. It must be remembered, however, that although the techniques used by the instructor are based on Ri, they will be imbued with that individual's personality, like adding flesh to a skeleton.

The famous Buddhist priest Kobo Daishi (774-835) said "Don't look at what your predecessors left behind, look for what they were looking for". The student or disciple must avoid duplicating their teacher. On the contrary, the student must look at the "way" their teacher is looking at, and how they have traveled that way so far. The techniques that the teacher has are his or her own answers to the question faced along the "way". They have been developed through the teacher's personal experiences, trials, and tribulations.

The student must look to the teacher for clues on how to proceed. This is what walking the same “way” means, not simply replicating the teacher.

The teacher instructs the student on how to master the techniques. The student uses this to find his or her own answers. I heard old Escrima (Philippines Martial art) teacher named Ramiro Estalilla say something similar “I direct my students to find the techniques by teaching principals and body moving and sensitivity that give clues and directions to find the answers”.

The Right Attitude

Budo cannot be learned for you. You have to make great efforts and learn it for yourself.

In order to do this the right attitude is required. This entails your instructor providing you with problems to work on. The student must listen well and take his or her Ego out!

The traditional and modern Martial Arts and combat systems are the same, we have only changed the tools used in the battlefield, but at all times, we preserve the principle of “Any weapon, one mind”.

In the past, many”teachers” tried to market themselves by posing with Japanese swords, but any sword man could look at the photograph and immediately discern that they possessed no knowledge. In today’s reality-based new styles, we see many instructors dressing up in combat uniforms and gripping guns, but it’s the same wrong attitude.

There is a saying there is no bad student only a bad teacher, but it doesn’t go far enough. There are many bad students that later on become the wrong teachers.

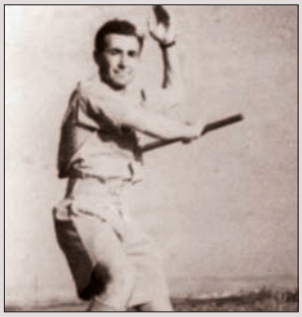
A true teacher is always a student and his attitude must be “always a student, sometimes a teacher”, and it needs to remain so. As you pick your teacher, avoid anyone who represents himself as a grand master, for in combat, no one is a grand master.

If a teacher prints on his DVD cover something to the effect of “Not a traditional martial art - this is no-nonsense martial arts” keep as far away as possible. Why? … All Modern martial arts are based on traditional Martial Arts and no one can change that.

And finally, remember that your ego can kill you much like the principle that even a dead man can still kill you.

In memory to all origin Kapap instructors and the name's
All pictures thanks to Dr. Haruvi from Pal'mach Museum

In memory to all origin Kapap instructors and the name's
All pictures thanks to Dr. Haruvi from Pal'mach Museum



Armed – Weapons

Unarmed - hand to hand

קפאפ

KAPAP

Combat Condition - Mental and Physical

The Kapap Triangle

"Fighting to end the fight" Understanding the mind set of "fearlessness and determination"!

Combat condition

In order to analyze how a person functions during combat and with fear, it is important to understand the mental and physical states that a person may experience beforehand, at the Pre-Conflict stage, such as combat anxiety, defined as "the anticipation of danger". This anticipation may lead to a gradual deterioration of both mental and physical skills.

This type of condition is related to the mindset of any person that finds himself in a survival conflict (rape, mugging, attacked, war, etc').

The main effects that it has on a person are related to these facts:

A. During the conflict as *survival stress* – this deals with the post event, mental and physiological symptoms known as "backlash", which may distort the memory.

B. In post-conflict as *combat stress* - Objective fear perceptions include a person having fear of death, injury, killing, incorrect decision-making, failure, or just fear by itself.

The more one can predict fear, the higher the level of arousal becomes. Once you feel threatened, your level of arousal is not under your voluntary control; however, your perception of the threat level and your behavior during levels of high arousal can be strongly influenced by the training you receive prior to the threatening situation.

Our arousal is controlled by our autonomic nervous system, which operates automatically in the same way that we breathe and our heart beats automatically. Our autonomic nervous system has two parts, and the parasympathetic part is operational under non-threatening conditions. However, under threatening conditions, the sympathetic part will switch on and cause profound changes in our body that prepare us to do one of three survival behaviors:

“Fight, Flight, Freeze”

With freeze being the most dangerous reaction, the profound changes in your body that happen during high arousal states will not only influence your behavior, but also your thinking processes and your ability after the event to remember what happened.

A backlash effect, which is known as vasodilatation, will increase the normal bleeding. Therefore, it is critical that all gunshot/knife wounds be treated as soon as possible. If a wound is bleeding excessively during stress activation (sympathetic nervous system), it indicates arterial bleeding and appropriate counter-measures (such as pressure point and/or tourniquet) should be given strong consideration.

Backlash effect can also slow down the visual process. It reduces oxygen delivery to the photoreceptors, especially to the cones. This, in turn, results in a temporary loss or distortion of a person's vision.

All perceptual senses (sight, sound, touch, taste, smell and the six sense) provide the brain with a constant flow of information. However, when the brain becomes focused on an activity or a threat, the brain will "tune in" to the sensory system that provides the most relevant information at that given second. Other sensory inputs will be "tuned out" by the brain because they lack immediate significance for the victim at that given second. This is a phenomenon referred to as perceptual narrowing or selective attention. As a result, the brain stops processing information from the other senses, particularly the auditory or hearing system. This is referred to as "auditory exclusion."

Each of these physiological changes will affect combat performance as it relates to our vision, our ability to perform basic motor skills, our ability to cognitively process information, accuracy skills, and a significant increase in reaction time.

When stress activates the SNS, arousal occurs; these negative effects upon vision cannot be avoided, but they can be minimized through proper training. For example, students should be taught to pivot their heads rather than just darting their eyes in order to compensate for tunnel vision. In addition, shooting programs can emphasize instinctive shooting techniques that reduce the need to rely on the gun sights when firing at close range.

Combat Fitness is recognized as an integral component of survival and use of force training. The combination of aerobic

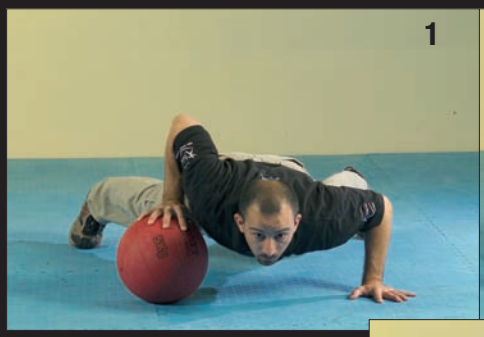
(cardio/respiratory) and anaerobic (strength) conditioning not only enhances a person's ability to control a subject and survive, but contributes to long term health.

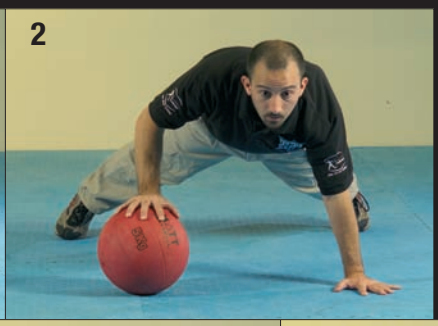
Based on research of case studies in Israel's leading tactical unit, YAMAM, the modern Kapap combat system was developed with the most common techniques and the most common types of resistance encountered, with the mission of finding the best suitable combat system based on limited budget, time spent on training, and complexity of the training program. Yet, in trying to get the best goals, be it based on civilians or law enforcement, the system must also stand up to defense in court (as part of the post-conflict), if need be.

The training must be based on research focused on examining performance under stress.

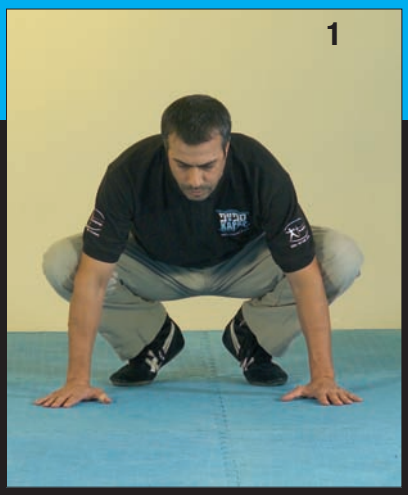
Kapap practitioners discovered that when one's fine and complex motor skills are being trained constantly in a specific way, they immediately affect the performance of the Gross motor skills that are used naturally by our body in a combat (stressful) situation, thus enhancing the overall performance and ability to overcome any threat situation with increased probability of survival.

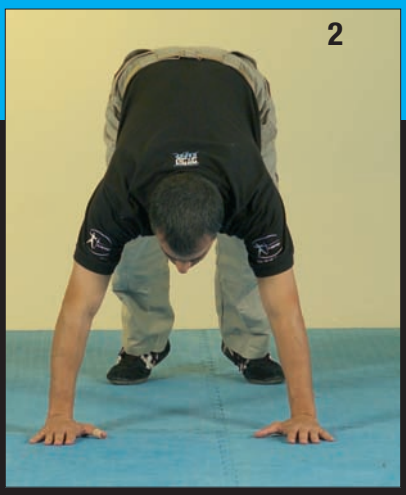
Warm-up drills
“push ups”





Hindu push-ups





Tiger Walk

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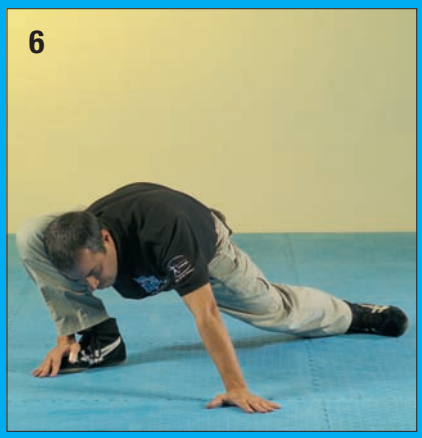
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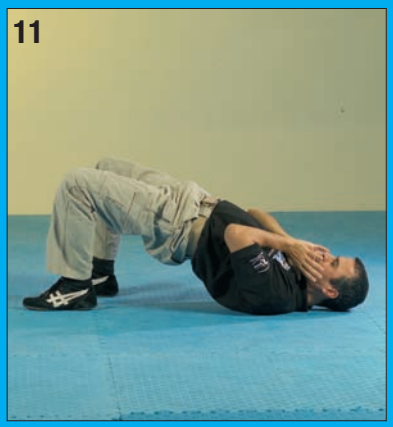
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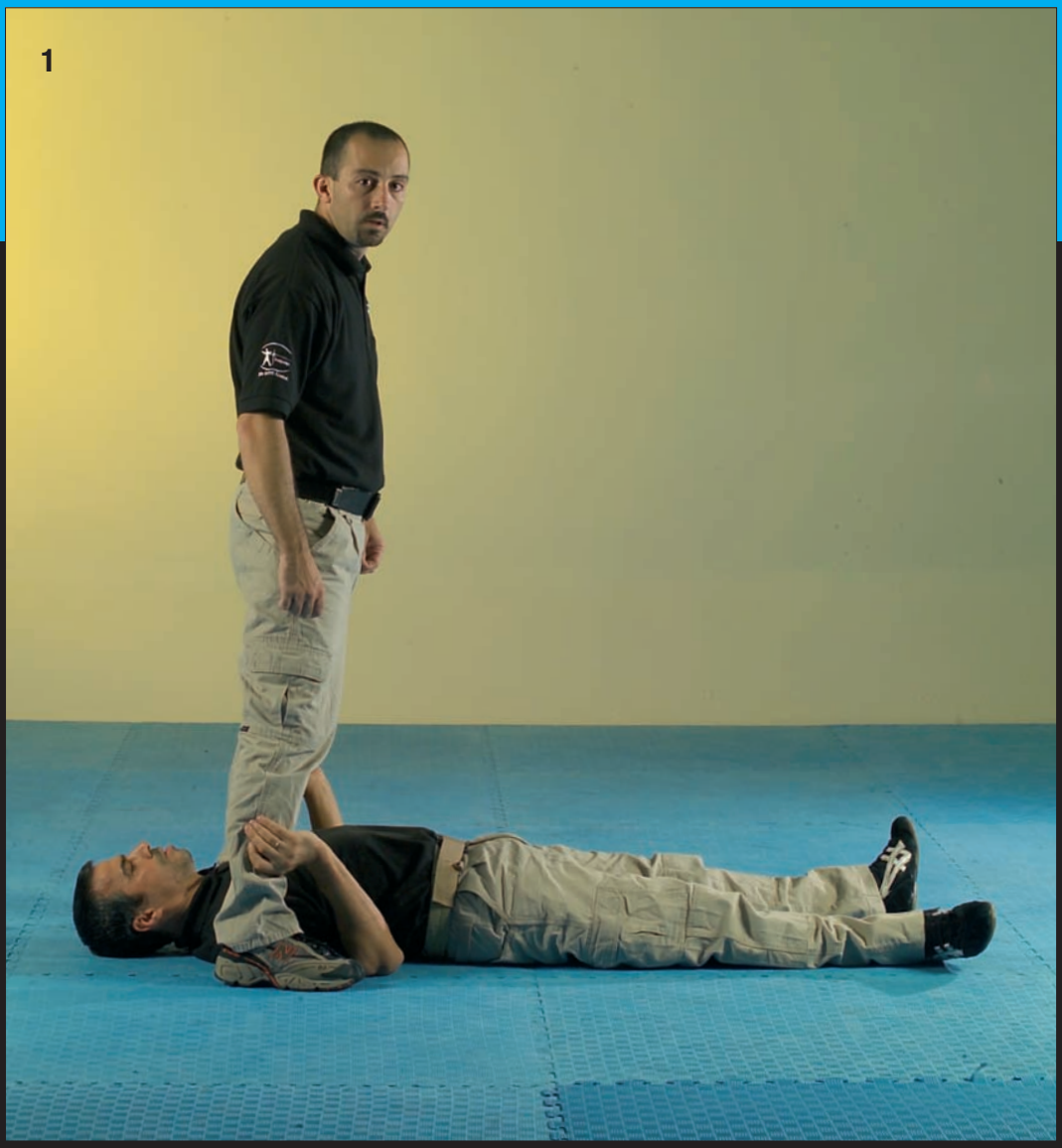

“Push ups”

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4

YAMAM

MARTIAL ARTS OF THE

קפ"ן KAPAP

ISRAELI SPECIAL FORCES

YAMAM

Israel's counter-terror units employ a mixture of speed, silence and skill. The Yamam and Israeli Kapap/CQB Training

"On a sunny day in June 2003, according to witnesses, a group of men who looked like Palestinian laborers were seen transporting diapers and lounging around a van outside of a mosque in Hebron. When a Hamas terrorist mastermind named Kawasme emerged from the crowd of worshippers, he unexpectedly came face to face with the group of men transporting the diapers as they pulled out their firearms and ordered him to stop. Kawasme, who was responsible for several terrorist bombings that had killed 52 people in Israel, had no way of knowing that the men he was now facing were undercover Israeli agents, members of an elite Israeli Special Forces unit known as the Yamam.

In March 1988, three terrorists seized a bus carrying employees on their way to work near the city of Dimona. The Yamam arrived at the scene first and took operational command. When the terrorists broke off negotiations and turned their guns on the passengers, the Yamam launched a three-pronged assault as each squad rushed a different section of the bus. In all, the "Mothers Bus" operation took a little more than a half minute to complete resulting in only three Israeli fatalities - hostages shot by the terrorists.

These are just a few publicized examples of the types of operations carried out by the Yamam, which carries out more than 900 counter terror operations a year. Recently, when asked about the effectiveness of the Yamam, a source from the Israeli Prime Minister's office stated, "The Yamam is a totally professional unit that can virtually guarantee a clean kill or capture. It is the top unit in Israel today."

Every year, out of the 12,000 potential recruits that apply from Israeli Army Special Forces units, less than 10 recruits make it through the grueling 12 months of training. Part of the training includes extensive work in hand-to-hand combat, simply known as Kapap or "Krav Panim El Panim".

An Interview with Major (Res) Avi Nardia and Kapap Academy President Mr. Albert Timen

Today, I met up with Major Avi Nardia, a retired member and the Kapap-Krav Panim El Panim / Lotar –Lochama Be Terror / counter terror CQB instructor for Israel's top counter terror unit - the Yamam, as he was conducting training for the Upland SWAT Team in Riverside, California. Mr. Nardia is not only one of Israel's top martial arts instructors, but he is also the only Israeli instructor to teach Kapap/CQB to the Yamam unit, Israeli Krav Maga to the Israeli Defense Force (IDF), and Hagana Hatzmit (defensive tactics) at the Israeli Operational Police Academy – which is mandatory training for all law enforcement units in Israel. Albert Timen the President of Kapap Academy and a former member of the Elite undercover unit (Name withheld) who operated in the routhless areas of Gaza strip. The designation of the unit was infiltration into the most deadly terrorist groups known and wanted by the Israeli authorities, operating alone and working in small groups of two and four man teams in hostile territory without any backup to be seen around, many times caught in a live and death situation and got away by the brink of the moment. With thousands of successful operations behind him and 18 years service in different branches of the Israeli security apparatus as an operative and as an official Instructor for the government I asked them to comment on the Israeli martial arts of today since there seems to be a variety of names and organizations associated with the term "Israeli" or "Krav Maga". This is what they had to say:

Krav Maga is a generic term and is defined in Israel as a hand-to-hand fighting system based on close quarters combat. Again, it is a generic term with "Maga" meaning close quarter or touch/contact and "Krav" meaning battle or combat. Around the late 70's and 80's, this system was introduced to the civilian sector by Imi with most of his knowledge being based upon his experience with boxing and wrestling. Because military and law enforcement agencies in Israel and around the world have a limited amount of time in which to teach the participants, the program of many of the Israeli CQB systems will be based on simplicity. These techniques will also be basic, allowing the participant to learn and perform the techniques in a quick and timely manner. Another factor that comes into play is liability. What is

taught to the Israeli military sector is definitely not taught to the law enforcement sector, and what is taught to the law enforcement sector is not taught to the civilian sector. The reason for this is that the threat levels are simply not the same so the time that they get for training and the techniques they are taught are not the same. A military unit that is only doing intelligence gathering does not need the same type of CQB training as a unit that performs high-risk procedures such as a take-over unit. This is what people who think they are taking Israeli martial arts need to recognize. Not all Israeli units get the same kind of CQB training. Believe it or not, some units such as tank units don't get any CQB training at all.

This is why it is important to ask instructors who are claiming to teach Israeli CQB if they were in the Israeli Army or in the Israeli Police or if they were in the civilian sector. The truth is you won't find a majority of Israeli CQB instructors in the civilian sector teaching at the police or Secret Service academies in Israel because the level of intensity is much higher. The only common denominator is that almost all of the Israeli Army, Police, and civilian instructors will use the term Krav Maga to indicate that they are conducting some type of martial arts training. However, the reality is that there are actually specialized forms of Krav Maga that are more specific and that use different names to describe each discipline. A former instructor after Imi Lichtenfield, Eli Avikzar rest in peace, changed the name from Krav Maga to "Krav Magen". One of the top Israeli Army instructors, Lt. Colonel Chaim Peer, uses the term "Kapap/Lotar", while at the same time the counter-terrorism unit Yamam, which at one time used the term "Lochama Zeira", which means micro combat, also use the term "Kapap/Lotar". Another example is Dennis Hanover who uses the term "Hisardut Survival".

Although the Israeli Army uses the term Krav Maga, which, by the way, has nothing to do with the civilian market since the Israeli Army curriculum doesn't follow the civilian curriculum, the Israeli Police Academy uses the term "Hagana Atsmit", which means self-defense. The reason for this is that the police want to convey an image of self-defense for arrest and control - a less lethal approach than that of the military. Also, the Israeli Police Academy considers the term Krav Maga as being too political to use because too many organizations were fighting over who had the right to use it and because it really has nothing to do with being the official fighting system of the Israeli

Police or the Israeli Army. The reason for this is that all of them are private organizations anyway, with no one organization being more "official" than the other.

So, you can see that the term Krav Maga is a general term. More specifically, to Israeli's, the term Krav Maga is the same term as what Karate is to the Japanese. The question is, if you are training in Japanese Karate, do you know Shotokan, Kyokoshin Kai, or Wado Ryu? These styles all have different founders and are from different organizations, but they are all Karate. The same idea applies to Krav Maga. Another example of how Krav Maga is viewed in Israel can be seen on Israeli medical insurance cards. These insurance cards will read what physical restrictions an individual has and often times they will restrict persons from doing any type of activity such as running, biking, Krav Maga, or lifting, while they are in rehabilitation. However, this does not mean a person cannot do Krav Maga, it only means the person cannot do any type of martial arts training.

I think, originally, Israeli martial arts were more of a concept rather than a traditional martial arts system such as Judo or Karate. At first, the idea was to study Israeli CQB and also keep training in the traditional martial arts to obtain some sort of black belt. Unfortunately, many Israeli's left the original concept of Israeli CQB and decided to take a shorter path in an attempt to gain respect from others based on the color of the belt that they wear around their waist. Today the market is full of 10th Dan black belts that if you were to ask them to do a roll or "Ukemi", or even a simple move, you can see that they are missing the basic skills needed to defend themselves in a real encounter. The same attempt at gaining respect is true with Israeli's that advertise themselves as Israeli self-defense instructors. If you were to ask most of those instructors if they were ever an instructor in the Israeli Special Forces, the Israeli Army, or the Israeli Police Academy, if they are telling you the truth, they will tell you they were not.

This is why the martial art of Kapap is so important because it is not a system built around attaining a colored belt. Also, Kapap instructors are Israeli military, Israeli Police, and Israeli Special Forces instructors who continue to teach basic principles that were created by Lt. Colonel Chaim Peer, the founder of the International Kapap Federation, and it is those same principles we and our students continue to build upon. As I've said before, it is always better to be a student and, at times, a teacher. It is also better to be a student of

reality than a master of illusion because the reality is that there are two kinds of fights, one for your ego and one for your life. The Israeli martial art of Kapap/CQB was developed for the fight for your life and to help you develop the mindset of "one mind, any weapon."

The Development of Israeli Kapap/CQB

Unfortunately, Israel is the most experienced nation in the world when it comes to terrorism and that is why it has developed one of the most valued CQB training systems in the world - the Israeli martial art of Kapap/CQB, which has been written in special ink called blood. The knowledge gained in developing the martial art of Kapap/CQB came from not only the experience of successful operations against terrorist attacks, but many times it came by making tragic mistakes. It was after these mistakes occurred that better techniques were developed to avoid making the same tragic mistakes again. For this reason, the Israeli martial art of Kapap/CQB is about evolution and evaluation. Even today, the weapons of warfare and self-defense have evolved from earlier techniques and strategies. For example, a few hundred years ago the bow and arrow was a combat tool, while today we have guns - the bow and arrow of modern times and of modern martial arts. Just as the arrow was once the edged weapon projected towards a target, it is now the bullet that is the edged weapon. And instead of the bow as the force behind the delivering of the arrow, gunpowder now takes on the same role to deliver the bullet. That is why today, in the evolution of Israeli martial arts such as Kapap, we see guns being used as an integral part of the training, especially when it comes to gun disarming. Not only is it important to know how to disarm a gun, but you must also know how to retain it and, if necessary, use it.

Israeli CQB training, as well as Israeli Krav Maga and Israeli Kapap, owes its development to many different individuals. Though most of their names are missing from any list you will find, they have all contributed to the art and that is why no one individual can claim sole ownership of having developed it. As with any martial art, it is important to understand the origin of Israeli martial arts and to

recognize the culture from which it began. For Israeli's, the roots of Israeli CQB came from anti-Semitism and the Nazi's desire to kill the Jews. It is the same feeling that some radical Muslim groups have today against Jews. It is from this climate of hatred that has given Israeli's their fighting spirit and to fight back, if needed, in order to survive. This is what Israeli martial arts is all about - to do whatever it takes to survive the fight. For Israeli's, the reality is that when you're in a fight for your life it's not important how good you look delivering a spinning kick if there is a chance the technique will kill you. And why will it kill you? Simply because the spinning back kick is useless and the person you were fighting against used ugly, but practical, techniques to live another day.

Israeli Kapap and Traditional Martial Arts

Kapap was the first CQB training introduced in Israel and was based on stick fighting, knives, guns, hand-to-hand and even stone throwing in the old days. The idea is to fight with what you have available in your hand. For instance, when people argue about what gun is the best gun to have or what knife is the best knife to have the answer is obvious – the best gun or knife, or any weapon for that matter, is the one you have in your hand when you need it. This is also the main idea behind Israeli Kapap/CQB. It was not developed to create a new Ryu and lots of 10th Dan grandmasters so that Israel could have a place in the international arena of martial arts. That is why there are no uniforms or belts or ranks or even bowing to an opponent when sparring or training. All are considered useless because they serve no purpose in an encounter involving a real, life threatening situation. An example of what occurs during a real encounter occurred last year with a traditional martial artist who was shot to death during a fight in parking lot. Although he was a kickboxing champion he lost his life to his assailant who shot him after he tried to grab the assailant's gun. Certainly, if it was a fight in the ring the martial artist probably would have won the fight. However, the fight was for his life and not for prize money. This is not to say that every encounter will end successfully, but how you respond to a situation will depend on whether or not you have the ability to effectively defend yourself or

the mentality to accept the fact that it is okay to run away from a situation in order to stay alive.

As mentioned earlier Israeli Kapap is based on evolution and evaluation, which is done for every technique in order to examine if it accomplishes what it is designed to accomplish. In Kapap, techniques are also evaluated to determine whether any soldier or police officer can do it and, for civilians, whether they can be done by the weakest man or woman. The techniques must also be easy to teach. If the individual or group has a very limited time to train, easier and simpler techniques can be implemented to accommodate these training needs. However, if there is time to train, better and more specific techniques are also taught. Another important consideration for teaching Kapap is liability. When teaching military personnel, you teach soldiers to stay in the killing zone and continue the assault on the enemy. For a civilian, just the opposite applies. If after disarming a knife an individual decides to stay in the fight and attempts to kill the attacker there is a good chance that individual will be spending time in jail. Also, when teaching police officers, there are other things to consider since just about every law enforcement agency has a defensive tactics program that must not only be politically correct, but must also meet any legal and medical requirements before being implemented. So, although Kapap is specific in its application it is still flexible enough to be used in any arena to meet liability concerns.

Today, CQB is a modern martial art while traditional martial arts are considered older styles. It is when these two are combined, the old with the new, that they can then be effective. In essence, modern martial arts can't live without the traditional martial arts nor can the traditional martial arts live without the modern martial arts. The bottom line is, when some one is going to kick you your life is not at risk, only your ego. However, when someone pulls a knife or points a gun at you, you need to know how, when and if you should act. If someone says, “Give me your money” the best defense is to give him your money. If the encounter becomes more life threatening then you must also defend yourself. The question is - do you have the tools to know what to do and how to do it? The Israeli martial art of Kapap is the self-defense system that can provide you with these tools when your life, not your ego, is on the line.

“That’s The Way It’s Always Been Around Here!”

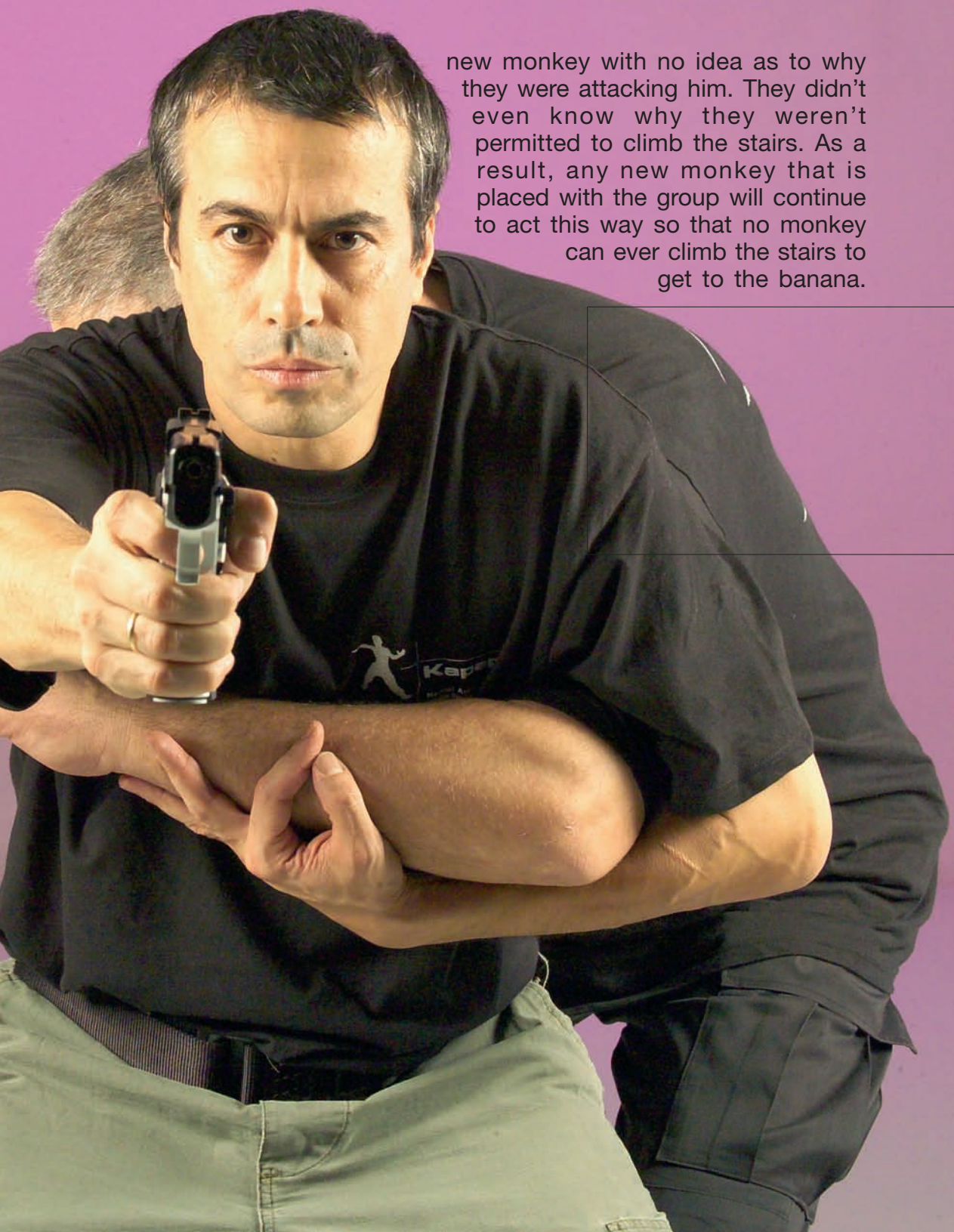
Sound familiar? This concept has no borders. It is found in our homes and in our places of business. It is passed on from individual to individual and even from group to group. It is no different in the martial arts community. This concept can be illustrated by an experiment conducted by scientists involving a group of five monkeys and a banana.

Inside a cage, a banana hangs down from the ceiling as it dangles on a piece of string just above a set of stairs. Before long, one of the monkeys walked over towards the banana and as soon as he touched the stairs all of the

other monkeys got sprayed with ice-cold water. After a while, another monkey made an attempt to get to the banana with the same result - all the monkeys got sprayed with ice-cold water. A few minutes went by and a third monkey made an attempt to get to the banana. However, this time, all the other monkeys aggressively tackled him and prevented him from touching the stairs because they believed they would all be sprayed with ice-cold water. Now, after turning off the cold water, a monkey was removed from the cage and replaced with a new monkey.

Once inside the cage, the new monkey saw the banana and began walking towards the stairs and immediately, to his surprise and horror, all of the other monkeys began to attack him. This same monkey tried a second time to reach the stairs and was attacked once again. Finally, the monkey realized that if he tried to climb the stairs he would be attacked and decided to make no more attempts to get to the banana. Then, just as before, one of the original monkeys was removed from the cage and replaced with a new monkey. Once again, the new monkey saw the banana and began walking towards the stairs and, just like the other monkey, was attacked. Surprisingly, even the previous newcomer took part in the attack with enthusiasm.

Finally, a third original monkey was replaced with a new monkey. And, just as before, as the new monkey made it to the stairs to try to get to the banana, he was attacked by the other monkeys. Even the new monkeys that never experienced being sprayed with the cold water attacked the



new monkey with no idea as to why they were attacking him. They didn't even know why they weren't permitted to climb the stairs. As a result, any new monkey that is placed with the group will continue to act this way so that no monkey can ever climb the stairs to get to the banana.

And why is this? As far as they know it's because, "That's the way it's always been around here!"

Unfortunately, it appears this mentality has found its way into the martial arts community. Asking why a technique is used or how effective the technique is will usually result in one of the most common answers being given in response to these types of questions – "Because that's the way we've always done it." That is why Kapap students are taught to open their mind and to feel free to evaluate a technique to confirm it is both realistic and effective.

Remember, only dead fish swim with the flow! If a technique works then continue to use it and if it doesn't, then get rid of it, regardless of the martial art system. It could be Kapap, Kendo, Karate, Kali, Jiu-Jitsu, Tae Kwon Do, or any of the other martial arts systems. That's the beauty of Kapap - evolution and evaluation, truly an open minded martial art.

KAPAP
INSTRUC

The armed Combat System Introducing (ICPS) Israeli combat point shooting

The purpose of the Israeli Combat Point Shooting training, or ICPS is not to develop marksmanship; it is not to compete with other shooters; it is not to punch holes in paper targets; and certainly is not to hunt small game.

The purpose of the training is to enable one to quickly and effectively stop someone who is trying to make you a victim.

In short, instinctive/ Point shooting trains people to win in a life threatening situations when you need to react in a fraction of a second in order to defend your life or protect other innocent people, often referred as a self defense discipline.

This self defense system was developed in Israel - a country that is constantly experiencing and facing the violence of terrorist nature. It became the most tested system when it comes to armed self defense, and it's been offered to people throughout the world by the Kapap Academy.

The problem is that the innocent citizen or cop must wait until a predator/Terrorist makes an overt act; one cannot shoot another on mere suspicion. This places the citizen in a situation where he or she must react to another's actions. In a gunfight the aggressor has the advantage and the defender is usually a second or two behind. Thus the citizen/defender/victim is already coming second in the contest; and there are no second place winners!

In order to win, given this terrible disadvantage, the citizen must be able to overcome this lag time with a combination of speed and accuracy. This is what we teach: speed and accuracy in an armed encounter. Instinctive/Point shooting trains you to win in a gunfight, even when the aggressor has the advantage.

There are no rules in a gunfight/knife fight and street fight that puts you in a fraction second survival chance.

There are only facts, which if understood, can give you a winning edge:

Fact: Almost all gunfights/Knife scenario fight/Assaults occur at distances of under three meters.

Fact: Most gunfights and assaults are over in two to three seconds.

Fact: A high percentage of gunfights/assaults occur in dim light or where sights are hardly visible.

Fact: In a spontaneous life-threatening situation the body undergoes changes which deteriorate fine motor skills, while vision is focused exclusively on the threat.

Conclusion: To win in a gunfight, or surviving a life threatening situation assault, requires great speed and accuracy in drawing and firing the gun at close range without the use of sights. This is sometimes called instinctive shooting or point shooting.

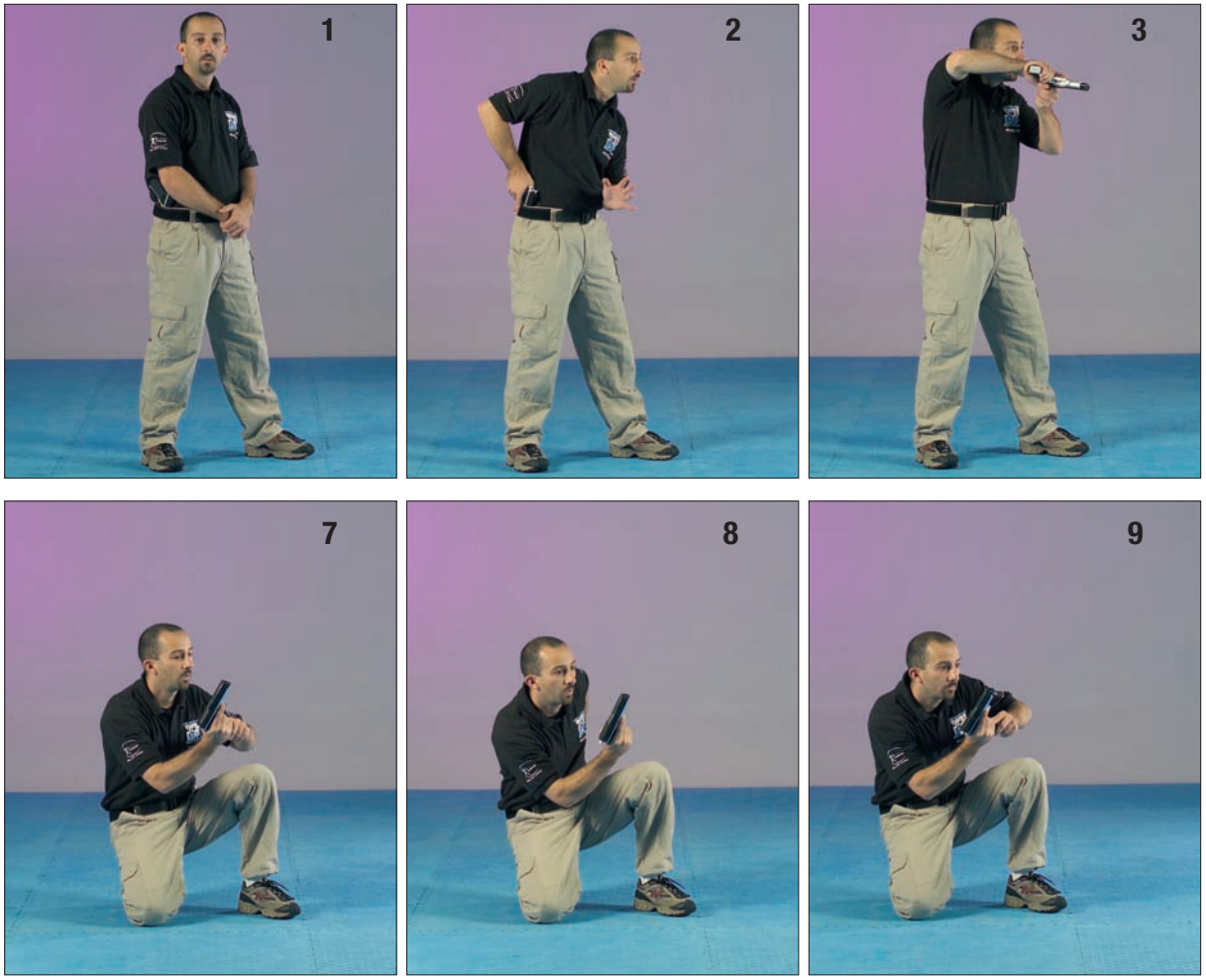
Violence, whether recreational or otherwise, is part of the culture in western societies and in the new era of terrorism it knows no boundaries. Therefore, whether we like it or not, violence is going to be a feature of our lives for a long time to come. Rather than to ignore it or hide away from it, we must learn to handle it. If we wish to stay in this beautiful but troubled country we have to learn to deal with these problems. The only objective way we can live with violence is to avoid it, deflect it or reduce its impact by being prepared for it because it will not go away! This is a terrible notion for folk who just want to live in peace but one we can no longer ignore.

As usual, it is nature that holds the key. The human animal's natural instincts, which include spontaneous reaction to sudden attack, are formidable powers which will usually ensure survival but only if harnessed correctly. In my experience there are two factors which constantly interfere with our ability to defend ourselves, inappropriate equipment and inadequate training, which have killed (and continue to kill) many "good guys".

After many long years of involvement in personal security matters I have reached the conclusion that in order to give full reign to the natural survival instincts of the human body, equipment and training must be kept as simple as possible.

Attacks are sudden and without warning. A huge bonus during such attack is a concealed handgun capable of immediate action, one that requires no time-wasting two-handed loading operation or a frantic search for a cunningly hidden safety catch. What is needed is a handgun that can be pulled, pointed and fired repeatedly without a fuss or bother, as well as capable of being carried safely whilst in this ready mode.

The training offered and the equipment recommended by ICPS Israeli Combat Point Shooting is calculated to keep people safe whilst at the same time impacting minimally on their daily lives.



Point shooting with tactical reloading

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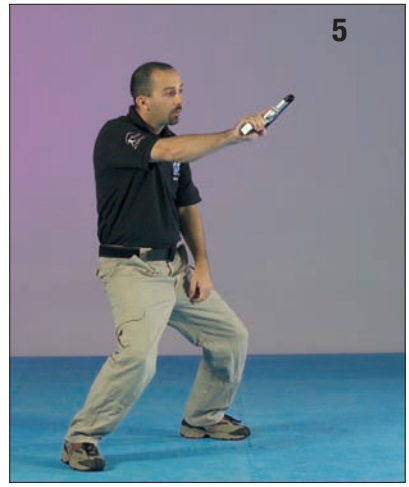
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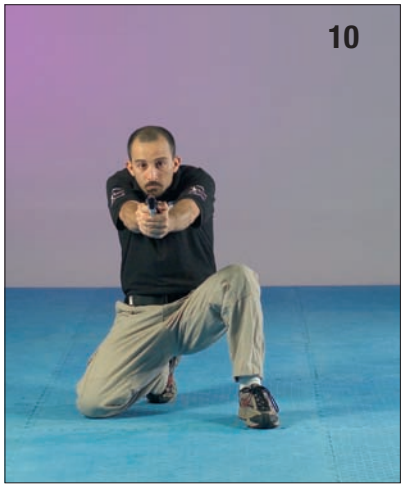
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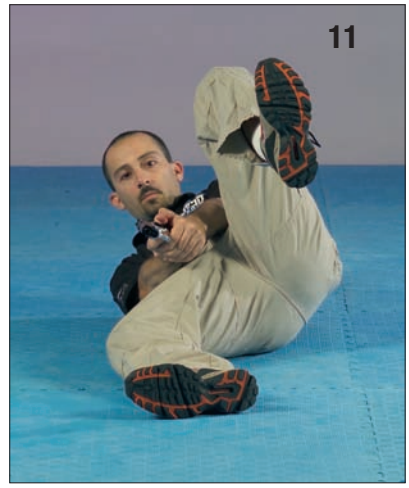
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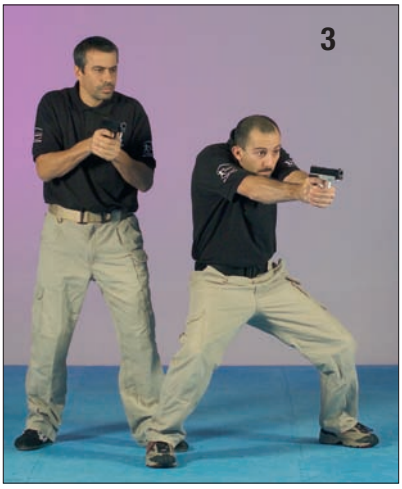
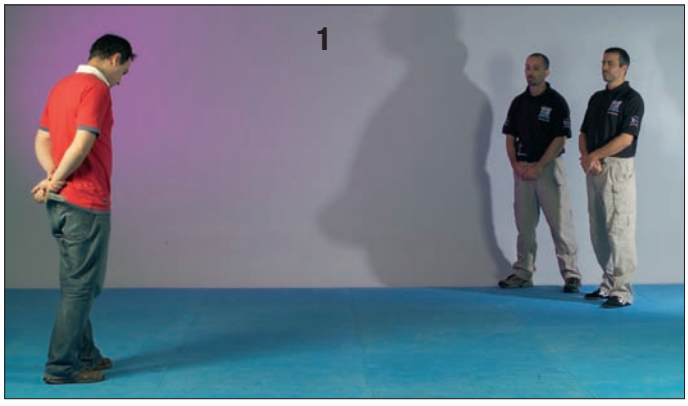
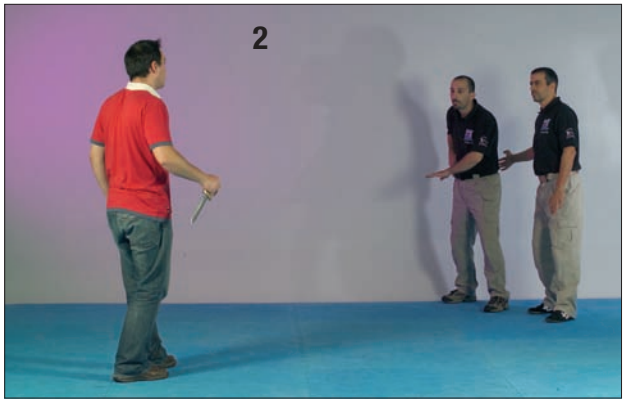


Two man team tactics, covering for malfunction drill





Underneath:
VIP defense against front Knife attack

“Determination and fearlessness” Zulu Facing British Battle Tactics

Technology versus the human resource.

Ever since we had moved from Israel into the open and competitive market, which is highly influenced by western culture and dependent on "high tech" technological advancement, we can clearly point the big changes that took over our biggest asset - the human resource, which as a progressive society we are loosing its biggest value.

Coming from a country like Israel, where the human resource is the most important asset in all aspects, it is the most invested asset when it comes to training, skills and knowledge. We were astonished to find out that almost every thing comes in packages that promises the "short way" to success, or that people are looking to buy knowledge like a secret pill or some kind of a "kit" that will do the work for them, instead of investing in studying the right way and keeping on training for the goal with no shortcuts.

Knowledge and skills are powerful

Don't try depending on technology only!!

In the historic battle of 1879 the Zulu warriors fought against the British forces, we have a great example of a "Modern" and technological advanced army (The British forces) that is defeated by an inferior army which is considered "primitive" (The Zulu) which was based only on the human asset and warriors skills. This is the history in a brief:

The story of the African resistance in 1879 as the British soldiers said "they fight like lions and not afraid of death".

We go back to January 22nd, 1879 to the Zulu victory over the British forces at Isandhlwana. Even though no one gave the Zulus much credit, they found a way to win, even against a technologically superior foe. Those who take the time to look for a way to win usually find it!

British soldiers were armed with a Martini-Henry, breech-loading rifle in 45 calibers. Like the trapdoor Springfield, it was an accurate piece, but basically a sporting rifle. It overheated during high-volume fire, causing spent cartridges to refuse to extract. When their rifles thus went down, soldiers were left with only bayonets and pistols.

Zulu warriors were armed with a skin-covered shield and a short, stabbing spear, called an assegai, which they used in a low, stabbing motion. Zulus were masters of massed formations. They could, in unison, run, shift directions, and go to ground as if operating on one brain. In unison, they could chant, stomp the ground, and strike their spears against their shields. The din was deafening! Most frightening, they could absorb hideous casualties and still keep coming as if nothing had happened. They were confident that they could be effective even against British infantry, particularly when they were spread too thin and were armed with rifles that overheated! The British relied on their technological superiority, characterized by the Martini-Henry rifle, artillery, rockets and Gatling guns. During the later stages of the war these weapons effectively broke up the Zulu charges with few casualties on the British side.

Determination and fearlessness

The Zulus acquired a deserved reputation for bravery during the Zulu War but the truth is that their initial successes in battle were as much due to British overconfidence and incompetence as to their almost mythical reputation. The Zulu were technologically inferior to the British. The Zulus chief weapon was the short stabbing spear, or iklwa, which was so named because of the sound it made as it entered someone's body. The other weapon used was the knob-Kerrie which was a form of club. These weapons required the Zulus to come close with the enemy. The Zulus were highly mobile and could cover large distances quicker than the British. Once they sighted the enemy they deployed, at a charge, into their famous bull formation. The horns would flank around the sides whilst the main body attacked the front. The enemy would then be trapped and encircled. A reserve would sit with their backs to the battle until they were needed. At Isandhlwana the Zulus charged five miles to engage the British camp.

The British military systems were some of the most advanced in the world...

The Zulu military system was primitive, employing infantry armed with spears and animal skinned shields. Their primary tactics utilized their strength in numbers and advantages over rifle infantry at close

range. The Zulu corps defeated the British at Isandlwana.

We can defiantly conclude and say we learn that we've learned nothing from history. Arrogant and egocentric men set themselves up for disaster.

The model of our western way of thinking is leaning more and more towards this failing approach by cutting short the educated and trained human resource and transforming him into a watered down version of himself and becoming "technology dependent". Our view about the importance of the human resource as the main goal of investment is based on the analysis of our own experience as a part of a nation that had to rely on this important asset repeatedly throughout history. We know now more then ever that there is now way around it and that technology is secondary, and when you lost your true human skills and knowledge to fight, it will not help you even if you have the best weapon in hand.

Kapap Academy teaches CQB and hand to hand training methods that are based on the philosophy of investing in the human resource. Our Instructors and instruction methods are preserving and developing the skills, knowledge and fighting spirit of determination and fearlessness, which is needed to survive any life threatening confrontation. This investment will become handy when you need it; after all we are talking about your life!

Text by Albert Timen and Avi Nardia
Credit for picture to:
Hanshi Patrick McCarthy visiting the Zulu war tribe in Africa

Nardia`s father Mr. Josef Nardia training Kapap at the first Israeli Special Force in Israel at 1950 and not as its write as Mishel Horovitz !
the all others pictures Black and White are Mishel Horovitz !

Nardia`s father Mr. Josef Nardia training Kapap at the first Israeli Special Force in Israel at 1950 and not as its write as Mishel Horovitz ! the all others pictures Black and White are Mishel Horovitz !

Yitzhak Rabin Israeli former primeminister is at the pictures numbers attach down as training Kapap by Mishel Horovits Kapap head instructor for the Palmach

In memory to the original Kapap Instructors and their names with thanks to Dr. Haruvi of the Palmach Museum for providing the pictures

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Training to increase the Physical and psychological pressure on the student building the Body and mind endurance

Most people will get hearth attack before some one will assault them... Kapap Instructors level 1 get CPR class as a part of there training at John Machado academy CA LA Marc 2006 by Up Land

KAPAP -Israeli Martial Arts, BJJ and How to Keep Your Training Realistic

Martial arts and training are like a big cake with cream filling, icing. and fruit on top. By training only one part - we miss the rest, which means we will not be "eating the entire cake". As a life philosophy, if we choose to study martial arts it has to have a purpose. In our case, KAPAP's purpose is to study self-defense and to survive deadly attacks whenever they might occur in our life.

Many practitioners of MA forget the other components of the "cake" and tend to "eat" only one part of it. Take physical fitness for instance - especially for some martial artists who can't remember the last time they ate healthy for more than a day or attempted to do a sit-up. Avoiding a healthy lifestyle will affect them sooner (like a heart attack) in most of the cases than the probability of an armed assailant attacking them on the street. Simply put, for the real martial artist the concept of self-defense begins much sooner then on the mat at any Dojo.

In this column we will try to identify some of the components that are commonly missed, misinterpreted, or bashed and avoided by heavy marketing systems, just for the sake of financial gain.

Together with Professor John Machado of the John Machado BJJ Academy we, the Kapap Academy Instructors, will try to explore, the idea of realistic training and what is the difference between the "reality-based" systems that claim to teach reality.

Question?

- Does rolling on the concrete floor of a parking garage make your Ukemi (fall/roll) better?
- Should you train only gross motor skills since "under stress"your fine motor skills will evaporate (as claimed by some military / police/CQB training styles)?
- Does keep it simple mean keep it stupid?

After more than two decades of teaching Martial Arts in Israel and worldwide, we came across other MA styles like John Machado BJJ that are considered only as sport.

Avi Nardia (Kapap Instructor): "I started studying under professor John Machado the art of BJJ. Many of the "realistic martial artists" say that it is not a system for the street since in a fight the

ground is the last place you want to find yourself. This is wishful thinking. What if you are attacked unexpectedly or you are over-powered by a stronger and/or quicker assailant? What if you are suddenly attacked on the street and knocked right to the ground or you are a woman attacked by a rapist?"

The more I trained with Professor Johan Machado, the more I found that these situations are "reality" and that understanding this is absolutely essential in the life of a martial artist. For me, I have been involved with the training of Special Forces in Israel and top units all over the world, yet I was amazed to see how Machado could see four or five steps ahead if not most times 10 steps of any move! Unlike most military/police martial arts styles, BJJ has kept their martial art basic and simple - not stupid! Each move is analyzed from every angle and the variations of moves your opponent can do to counter it. Since people often confuse BJJ with sport, I asked Professor Machado to demonstrate some new ideas of self-defense and to upgrade Israeli martial art ideas.

What do you need to make your training realistic?

Finding the right teacher is the most important task before practicing any martial art. Unfortunately, there are a lot of bad examples that represent the "shortcut" or quick path to achieve your goal; most of these examples are basing their "art" purely on ego marketed as "No-nonsense Martial Arts." Most of these arts never developed beyond the ego of their inventor or are very limited in what they have to offer, but are still sold under the motto of "keep it simple".

A good way to find out about a certain teacher/instructor is to demand official credentials. There is nothing wrong in asking this, since this is the guy who is suppose to teach you realistic survival skills.

Professor John Machado: "Training without a Gi, which many think will help them prepare for street fight, is not always relevant since no one walks naked on the streets. When you train with a Gi you can always limit yourself to train with no GI, which is a competition style. You must study to choke and to use your Gi and your enemy's Gi. This, in turn, will teach you to use any belt or strap that may be available. (By Gi I mean any kind of clothing.) Making the training fun and safe is also good, that way you can train more and not miss half of training because of injuries."

Albert Timen (Kapap Instructor): The KAPAP gun triangle is based on (1) Gun Disarming, (2) Gun Retention, and (3) Gun Use.

Many times when training gun disarming it is recommended to do it with bb guns, or in some cases, with simmunition (realistic marking cartridges) guns. However, this equipment is often too expensive and usually unavailable for most students since some of these training tools require special licensing and an expensive insurance policy. Realistically, gun-disarming training doesn't need to go this far.

You can reach the same goal by using simple water guns to train how to evade the field of fire, which is the most important aspect in this kind of specific training. Then you can proceed to train with plastic guns – yellow/blue guns to develop effective skills for gun disarming.

To add another realistic dimension, try to think that your enemy is dynamic and will react to any of your moves.

This is the exact reason why any gun disarm class MUST be proceeded by gun retention and firearms training. Why? What happens if the fight is not over once you have the gun in your hand? What if you have to use it to save your life? Do you know how to use? What if the gun jams? Will you know how to clear it? What will you do? Can you do it under "stress " of attacked again by another assault?

Question the techniques you are learning – do they really work?

Remember! Human beings who were also taught by human beings are teaching you its not mad by God !

Understand that you are studying a reality-based art so that you can deal with real situations. Consider this:

- If someone teaches you to kick to the groin when you have been attacked with a knife, will your kick actually cause him to fall forward "helping" him to kill you?
- Will this same technique work with an ice pick style of attack?
- If you hit your enemy with a punch, will you break your fist?

The reality is that a system that claims to be the most devastating military one is only a marketing ploy and it is surely not preparing you to survive the street, but to die in the street.

More ideas of how to make your training "realistic" will come soon with our next column from The Kapap Academy and Professor John Machado. Until then, keep it REAL and without Ego.

How to Make Your Israeli Martial Arts Training "Real"

Since Jim Wagner in the civilian market coined the genre "reality based", yesterday's "Super Ninja" has exchanged his uniform for military fatigues. Camouflage is everywhere, but not all uniforms are the same and not all teachers teach what you really need to know.

Military styles have numerous limitations. They have to be extremely simple and easy to learn and the techniques are often dependent upon the strength and power of "young" soldiers. (Remember Basic Training.) Soldiers also depend more on military weapons than on their hand-to-hand skills as the goal in the army is to win over a mass enemy. Even police hand-to-hand training has to be different as they require more control techniques and they are limited on the techniques they can use based on liability issues. VIP protection and counter terrorist tactics are different as well.

Just because someone comes out of the military or just because he or she wore a uniform, doesn't make them a qualified teacher and doesn't mean that the techniques they teach will save your life.

As a student of Israeli martial arts there are a few things you need to do.

1. Choose a qualified instructor.

2. Question the techniques you are learning – do they really work?

One of the greatest things about Israeli martial arts is that it is tested on the battlefield every day! but not all Israeli civilian martial arts are tested on the same field everyday. Those of us who taught it in the counter terrorism security forces and police units modified the systems such as Kapap, Lotar, Skornik Gadi system and of course Hisardut survival constantly, making sure the techniques were easy to learn and that they worked in life threatening situations. We do the same today. If a technique isn't working and there is a better way to do the technique or a better technique all together, guess what, we are going to change what we do.

Choose A Qualified Instructor

If you are looking for "real" training in the Israeli arts, the first thing you need is a "real" Israeli martial arts instructor. After teaching for

more than few decades in the Israeli army, with the Israeli police and with top counter terrorist units, we never received a black belt or a title. There are those out there who claim their 10th Dan in Israeli martial arts. How is it then that these civilians, who have never served at all in the Israeli army, police and/or with counter terrorist units, can claim to teach "Israeli" martial arts? Even worse, there are those who claim to be the official system of the Israeli army, police and security forces and who trademark Israeli terms for their own use. Buyers beware! If people represent themselves as Israeli navy seals, part of the Mosad, or as secret service police defensive tactics instructors, check out the claims and ask for their official letter from the Israeli Army, Police, Counter-Terrorism units and Israeli official government vip protection unit they claim to have instructed for. Make sure your instructor has walked the walk and that he isn't just talking the talk.

True Israeli martial arts instructors, do not have a problem with people teaching their own martial arts systems, problems arise when systems that have no connection to Israeli martial arts, throw in some Israeli words and terms and then try to claim they teach Israeli martial arts when in fact they have no experience of these arts and are in it for personal gain for these people with a lack of self esteem and moral fibre and most of all greed please for heaven's sake, don't believe that you can trademark our terms for your own financial gain.

The next thing you need to know is that it is important to question the techniques you are learning, remember you are being taught by human beings who were also taught by human beings Understand that you are studying a reality based art so that you can deal with real situations. If someone teaches you to kick to the groin when you are being attacked with a knife in the ice pick hold, will your kick actually cause the assailant to fall forward "helping" him\her to kill you?

If you defend against a gun attack by punching your attacker and making him to go back, you are still staying in the field of fire in which case the consequences could be death or serious injury.

Some Israeli martial arts taught by civilians today use old techniques fraught with deadly mistakes and marketed for financial gain, not for your safety.

When the Kapap Academy first came into the "civilian market" some of those so called Israeli "experts" claimed that Kapap were frauds and pretenders this then begs the question why is it then that

Kapap which has twenty eight instructors with the rank of colonel in the security services these are not false claims that Kapap is making, letters from the Israeli military are available for all to see to prove the true pedigree of. Kapap. The people who make these claims that we are frauds or pretenders do not realize that Kapap will provide proof to the civilian market of our pedigree. Practitioners of martial arts whether they be students instructors or people who wish to learn the Kapap system or another Israeli arts must confirm for their own piece of mind that they are going to receive the training they truly require and deserve, please ask the question as stated earlier. New teachers must be trained, but we hope that they will not claim to own the system. We at Kapap Academy hope that they will train with those of us who really know and understand the battlefield and what it takes to live “on the streets” and they will understand that Israeli martial arts are all about progressing, getting better techniques and becoming better instructors.

A good salesman can sell anything. Don’t let a salesman sell you martial arts. Make sure you choose a qualified martial arts instructor and question what you are being taught. Your life will depend on it!

wish to leave you with a tale told to me by one of beloved teachers, Mr. Patrick McCarthy, 8 Dan, Hanshi from www.koryu-uchinadi.com. The tale illustrates the ability of a good salesman. I hope it will illustrate your need to choose a qualified instructor and not just a salesman.

The Dead Donkey

A city boy, Eyal, moved to the country and bought a donkey from an old farmer for $100.00. The farmer agreed to deliver the donkey the next day.

The next day the farmer drove up and said, "Sorry son, but I have some bad news, the donkey died."

Eyal replied, "Well then, just give me my money back."
The farmer said, "Can't do that. I went and spent it already."
Eyal said, "OK then, just unload the donkey."
The farmer asked, "What ya gonna do with him?"
Eyal: "I'm going to raffle him off."
Farmer: "You can't raffle off a dead donkey!"

Eyal: "Sure I can. Watch me. I just won't tell anybody he is dead."
A month later the farmer met up with Eyal and asked, "What happened with that dead donkey?"

Eyal: "I raffled him off. I sold 500 tickets at two dollars a piece and made a profit of $898.00."

Farmer: "Didn't anyone complain?"
Eyal: "Just the guy who won. So I gave him his two dollars back."
Eyal grew up and eventually became the chairman of Enron.

Business people can sell you anything, even a dead donkey, if they are good at marketing. For those of you teaching Israeli martial arts we ask, are you a businessman trying to teach martial arts or are you a martial artist trying to do business?
If you claim to be an Israeli martial arts instructor we have a few questions for you:

1. Did you served in the Israeli army as an official instructor?
2. Did you serve with the Israeli police or other Israeli security forces as an official instructor?

3. Did you serve in a counter terrorist unit or in VIP protection in Israel as an official instructor?

4. Can you produce an official letter from the Israel army, Israeli police or from a counter terrorist unit or the Israeli Special Forces showing that you served as an official instructor?
If you can produce an official letter, show your students, as they deserve to know their instructor's qualifications.

KAPAP
INSTRUCTOR

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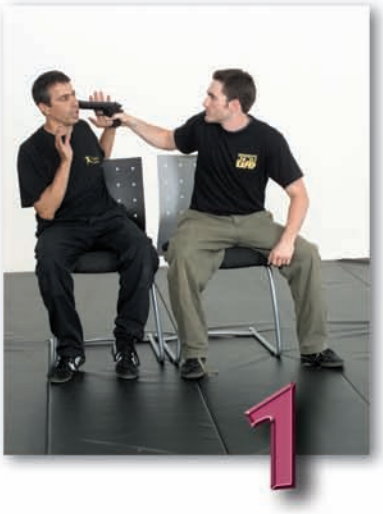

When people train to do gun disarming they forget the three main objectives of disarming, gun disarming must be trained with gun retention (let your assailant return the gun back to his hip and see if he retains the gun when you try to disarm him, do not let him remain static) and gun use as you will see in the pictures The most common mistake is to move the gun aside with one hand and punch the face of the gun holder. This will make the assailant move back and bring the field of fire back onto you. Some create a bigger mistake by re creating a scenario behind a table or counter this increases the problem this exercise is only good for a sitting position in a kidnap situation like in a car that way the assailant can not move back as he is blocked by the car seat also if you punch him this can also be a mistake as you may break your hand this will cause a problem if you get a malfunction you will not be able to continue using the gun that's why it would be better to hit with the palm of the hand in this situation

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קראב מגה
KAPAP

Building a better warrior
Kapap - One Mind, any weapon

When training with a program like a self defense oriented Martial Art, one need to include the three following disciplines:

- Mental strength
- Character
- Physical skill

Joined together, these create a properly trained, disciplined, ethical and highly motivated warrior. Such warriors are an integral part of the historical time line of the Kapap operatives who both protect and set an example for their society.

Kapap is not a sports-based martial-arts program; it is a war & Conflict fighting system based on the use of the handgun, rifle and bayonet, followed by the bayonet/knife as a combat knife and then followed by weapons of opportunity (e.g. shovels, tree limbs, bricks). The training is rounded out by the harsh school of unarmed combat (hand-to-hand) in its most literal and personal sense. This practical training is supported by the study of other warrior cultures, including the Spartans, the Zulus and the Apaches, among others. The goal is to produce ethical warriors who are winners and better civilians.

Kapap teaches not only the skills to win
but also the mind-set to find the right way to win

Kapap first level training block creates the individual Kapap Academy's foundation, providing all the basic information needed to enhance his or hers success and survival on today's harsh reality. After that, each Kapap practitioner builds on and enhances this basic knowledge. This allows anyone at any age to continue training and learning up to the 4th training level. All Kapap practitioners can spend their entire careers learning more advanced skills and better ways to use and control those skills.

Kapap Instructors purposely don't wear any belts or ranks. A Kapap Instructor is expected to show his or her leadership and skill by example and personal conduct, not by a cloth belt. Each Kapap Instructor is expected to continually earn a "belt" by teaching, and by giving back knowledge and experience to fellow Kapap practitioners and students. One does not just have a belt; one is continually

earning the right to become an Instructor.

David battling Goliath – Past, present & future

One of the best known characters of Bible History is David, who as a lowly shepherd boy defeated the mighty Philistine warrior Goliath, and then grew up to be King David of Israel - and human ancestor of Jesus Christ.

David was the eighth and youngest son of Jesse, from Bethlehem. He was a strong, healthy lad, apparently with an uncommon characteristic among his people of the time - red hair.

The incident with Goliath the Philistine is probably one of the most told "Bible stories" of the Old Testament. When the Israelites were at war with the Philistines, the two armies faced each other from opposite hills with the Valley of Elah between them. Every morning for forty days, the mighty Goliath (he may have stood over 9 feet tall) challenged the Israelites for someone to come out and fight him, but none would go out. One day, David, who was actually then too young for the army, arrived with some deliveries for his older brothers. He heard Goliath and immediately volunteered to fight him. After turning down an offer of the king's own armor, which was too big for him, David went down to the creek and got five suitable stones for his sling. The rest of the story is famous. He killed Goliath with a single perfectly-accurate shot, perhaps with a little help from an angel - the stone didn't just rebound off the giant man's thick skull as would naturally be expected, but actually penetrated with the power of a modern high-velocity bullet. Upon seeing their hero defeated, the Philistine army made a disorderly retreat (i.e. they just dropped everything and ran), giving the Israelites then in hot pursuit the victory. The entire story can be found in 1 Samuel 17:1-58.

As enemy and threats have unexpectedly appeared in the past, they will appear without warning again in the future at their own time and place of choosing. Every man and woman must be psychologically as well as physically ready to defend him/her and loved ones in the moment of truth.

After the shocking events of Sept. 11, 2001, it is unlikely that there is any one left who don't realize that everyone is now on the front line, and the front line is now everywhere and anytime – world wide.

The Gideon Test

In our last Kapap Instructors course training in Italy, Mr. Albert Timen, Kapap Academy President, told the students while in the middle of knife fighting training, to stop and do push ups. Then he told them about "Gideon's Test". One of our instructors named Massimo smiled and asked, "So we failed?"

Judges, Ch. 7

In the morning, Gideon by God's command called his ten thousand men out, and made them march down the hill, just as though they were going to attack the enemy. And when they were beside the water, he noticed how they drank; and set them apart in two companies, according to the way they were drinking.

As they came to the water, most of the men threw aside their shields and spears, and knelt down, scooped up a drink of the water with both hands together like a cup. These men Gideon commanded, to stand in one company.

There were a few men who did not stop to take a large drink of water. Holding a spear and a shield in the right hand, they were ready for the enemy, if one should suddenly appear. They merely cupped up a handful of the water in passing and marched on, lapping up the water from one hand.

God said to Gideon: "Set by them these men who lapped up each a handful of water. These are the men whom I have chosen to set Israel free."

Gideon counted these men, and found that there were only three hundred of them; while all the rest bowed down their faces to drink. The difference between them was that these three hundred were earnest men, of one purpose; not turning aside from their aim, even to drink, as the others did.

Then, too, they were watchful men, always ready to meet their enemies. Suppose that the Midianites had rushed out on the army, while nearly all of them had their faces towards the water drinking, their arms thrown to one side - how helpless they would have been! But no enemy could have surprised the three hundred, who held their spears and shields ready, even while they were taking a drink.

Some have thought that this test also showed who the worshippers of idols were and who truly worshipped God.

Perhaps this act showed that most of the army were used to kneeling down to worship before idols, and that only a few were accustomed to stand up before the Lord in their worship; but of this we are not certain. It did show that here were three hundred brave, watchful men, obedient to orders, and ready for the battle.

You might be wondering what a man who lived a few thousand years ago has to do with the future of the Kapap system. When you hear our message today you'll have that question answered.

As we wrote before about finding the right teacher/Instructor, we at the Kapap Academy think that it is also about finding the right students.

A few years ago, we opened our door for the first time to the civilian market; previously, the Kapap system was taught only to select military and police personnel in Israel.

As the first step, we opened the Kapap Level 1 Instructor® Course, a full 5 days of basic training. We emphasized that this is more like an “interview” phase for the students, because as we read a student’s credentials (CV’s) it may have said that they had 20 years of experience. Although many were ranked as “Experts “, that was far from reality when it came to fighting on the mat.

What we usually saw were very poor Martial Arts skills, which were exaggerated by titles on certificates and ranks from Martial Arts “Federations”. Many based their fighting skills on three basic moves accompanied by lots of impressive exhaling sounds (fu, fu, fu…) and choreography.

But at the end, none of them could fight. Most did not even know how to put on a basic choke, let alone kicks, punches and so on. These are basic skills learned in almost every traditional martial art after four months of study (with a good teacher). How could it be that those “Experts” hold certificates from a particular non-traditional martial art that claims to be a “no-nonsense martial art”? We must say that they are full of nonsense and nothing more.

As we near the end of 2006, we at Kapap Academy, backed by the International Kapap Federation, decided to close the doors we have opened, so we can choose our Gideon Fighters/Instructors. We will find the right ones to keep going with this system and not let in those with an ego who only chase papers and titles but are unwilling to behave like real fighters.

We are going to cut out 95% of the Kapap Level one Instructors who have not made it to the teaching license qualification. For the ones that did pass Gideon's test… we can truly call them Kapap Level One Instructors© and they have the proper teaching license to prove it.

If we look back at history and try to learn the lessons, we can all be better students of reality. As we know, the Titanic was built by "experts" that based their "undefeated theory" on the enormous size of the ship (and their egos) … we all know what the sad truth was.

We are sorry to disappoint some people but Kapap Academy is a leader and a firm believer in the quality of the Kapap combat system, and in NOT being a quantity McKrav system that certifies the masses.

The Kapap Academy and Federation are run like a family, and as such, we will make sure that only the highest quality members will be accepted into the family in the future.

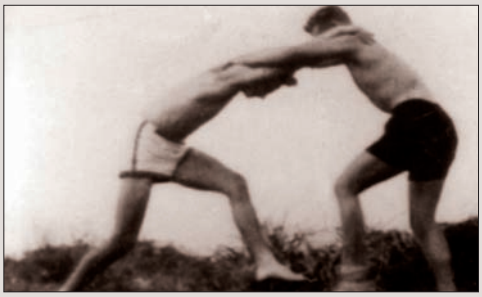
On a final note, we have to mention how funny it is to see new grand masters popping up from the Israeli Martial Arts in the last year after taking our Instructors courses or watching our DVD's. Suddenly, techniques that were first introduced in Kapap courses and DVD's are now part of the "New official curriculum" in their systems.

As we start Kapap in Europe, one of our instructors told me "Even if I have to drive a truck to pay the bills, I will teach Kapap…" That's the attitude we want – to put your soul into what you do, not to try to fill your pocket using the marketing names you know nothing about, and celebrities like Jennifer Lopez (I wonder if she's keep studying if the Nazi days came back). that's Israeli Martial Art. Kapap is not done to be cool; it is done in a fight for life.

For an updated list of our Gideon Instructors that are licensed and authorized to teach Kapap, go to our website at: www.kapapacademy.com

If you are interested in becoming a Gideon Instructor, prepare for the journey.

In memory to the original Kapap Instructors and their names with thanks to Dr. Haruvi of the Palmach Museum for providing the pictures



KAPAP
INSTRUCTOR

White Belt Grand Master Idea system Kapap is a principles-based system

It's a concept to create a toolbox for surviving the fight and not to create new self-promotions grand masters, better student of reality than Grand Master of illusion.

The main idea of KAPAP is that you are always a student, sometimes a teacher! That's why many who come to take the first level which is only a test for them, then decide after completing the week training decide they are an "Expert " or Black Belts in Israeli MA and new grand Masters who then pop up with new Israeli MA system these people are not welcome at the Kapap Academy – Remember Noah's arc was not built by experts while the Titanic was (don't think unsinkable)

The first triangle is the combat condition which contains the mind, body and spirit conditioning training which we call combat condition and its not fitness, fitness is NOT what you need only to survive a fight.

The next is the hand to hand part of unarmed and the last is the armed part and the combination of unarmed and armed with combat conditioning training.

Specific trainings and specific warm ups are what's needed.

In any warm up training we will do for example knife throwing to develop better grip, eye and hand contact, improve reflex system and coordination of hand eye (sensor system) leg and body moves, Sit up with head butt to soccer ball to train your stomach muscle as you sit up and at the same time eye and the impact of head butt (in many self defence we say head butt but how do you train for it? So this is one way to teach and train head butt).

The ground warm up and stand warm up will be based also about moves and reflex actions you need for fights.

In the field of CQB the main idea is keep it simple but many times we just keep it stupid and not realistic since we want to save time on training and save money but by doing this we miss the point, only when you train a lot it becomes simple and a second nature !

Keep it simple is a rule for thinking which means stay logical keep your common sense, as you see the technique ask if it works or not don't presume it has come from God and will work what ever the outcome.

The Police for example train with the same guns and ammunition so if another team member needs more ammo it is the same.

If you call one side of your body the strong side and call the other the dead side… there is no dead in fight you have to use anything you have so it's a support side or contact side so its an attitude and mindset.

We have 3 kind of persons a yes man (mean he is ok) a no man (bad, for example refuses to be arrested or aggressive attacker) and a maybe man and that's some one you don't know yet if he is yes or no man.

The Rule +1 you all the time look at him as No man!

The rule +1 is if he has a knife assume he has another knife or gun… all time one alert up!

The fight start at the dress code, if you need to run can you? How you put the weapon here start the retention of it.

You need to develop situational awareness, common sense.

Kapap is based on sensor system and so as you fight you want to destroy your attackers sensors and by doing it he will lose his "reality "You need to study your bodies centre and how to take your enemies centre You need to understand the force matrix and how to use force when and how.

All of this will develop you operational behaving. Then you must study what happened to your body a heart rate of 140 and stress and the situation of fight flight and freeze and what happens in freeze and why you lose the sensors in this situation.

The CQB of army and from one unit to another will be different and for Police much more different as for counter terror it all depends on the missions!

As for civilians it must be that all can perform the same principles for techniques and no matter size and force (could be that more training is needed but as they study the technique can work for all)

Not every technique is good for everyone – selective techniques based on your size and health – the system to the person not the person to the system – that's why each must find his own techniques and what he/she feel comfortable with based on same principles.

Using basic reflexes like locking the elbows for attack as use it for defence.

The two points attack principle for throws, takedowns, locks and more.

Freedom of techniques and student to be creative and use thinking from day one

The mind as a weapon; not only the body

Kapap is an evolving system. It will change over time, with new knowledge

The use of a shield

How to make your training realistic (Low Light training, stress and high cardio, Flash, tear gas, water guns, smoke, inside pool, use of water guns also to distract, strong light, elevators, steps and so on, make an airplane, bus simulators, situational training, use of walls on the ground and standing

Economics of movement

The use of senses to win the fight by distraction

Creative freedom, logic and use of drills and Not Only based on techniques!

Relative positioning drills (Gyro) are very important to understand your self and the attacker's positions.

Dressing like the military and calling yourself a commando or military doesn't make you a solider; don't be another clown association of Israeli MA

Kapap has No Experts or Black Belts: we are students for lifetime!

There is no such thing as an unsinkable ship – Noah's arc was built by amateurs while the Titanic was built by experts We know action talks loader than words!

The Walking Stick in Mandatory Palestine and Israel

It was winter, January, 1941. WWII had been raging across the globe since September 1939. In a little room in Palestine two men sat down to discus a curriculum for the upcoming training course for Kapap (1) instructors in the "Hagana" (2), the first course of its kind to take place. Rafa (3), the commander of the course, an advocate of British discipline, was questioning the 21 year old Maishel who had been sent to him to teach his short stick fighting method (4).

Palmach Girls at Ein Gedi 1940's

Maishel teaching the late Yitzhak Rabin, 1941. Israel Former prime minister Yitzhak Rabin (rest in peace) training Kapap under Mr.Horovitz the head instructor Kapap (Rabin with back to the camera). All pictures have been took at the 40th in Israel and have can been shown at the Pal'mach Museum in Israel and are in permition to use by Dr. Haruvi that write the history of Pal'mach.

Rafa: “Where did you learn this?”

Maishel: “We didn't, we developed it on our own!”

Rafa: “How can that be? Systems have a history, a tradition, something scientific. There must be some materiel about this. I want you to find documentation!”

After several days of diligent searching it was Rafa who found a little red book at the library of the Hebrew university in Jerusalem. In the room again with Maishel, he handed him the book and said:

Rafa: “Here! This is something with history, a real method, something from India. I want you to take this and study it.”

Maishel: “I don’t read English.”

After Rafa had the book translated, Maishel and a fellow instructor in the short stick method spent three days, in Tel-Aviv, practicing the new method described in the book “The Walking Stick Method of Self Defense (5)”. They then returned to Rafa.

Maishel told Rafa that he felt that the short stick system was better suited for their goal of teaching large numbers of students in short time periods to use a stick combatively, because in order to achieve the articulation in the wrist and accuracy which the walking stick demanded, longer periods of training would be necessary and therefore he would prefer to teach the short stick system.

Rafa answered: “I will send you two men from the market. You train them and then we will decide what to teach.”

Rafa sent them Moshe Lerer, who worked at the market, and Motke, who did dirty work on behalf of one of the Hagana Commanders.

After the successful teaching of these two laymen, it was decided that both systems would be instructed at the Kapap training. The course was three weeks long. In addition to learning the two separate stick-fighting methods, the participants received instruction in boxing, Jujutsu and knife and stone throwing. A very competitive atmosphere accompanied the training in the course centered on the stick-fighting methods.

As Maishel recounted: "those who first learned the short stick methods became advocates of that system, while those who where first introduced to the long stick became advocates of that system.

Whatever one learns first, that is what one thinks is the best". The 60 participants had been divided in to groups of twelve and instructed in both systems.

Rafa, who discovered the book about the Walking stick method, had a personal interest in that technique wining a prominent place. So, when dividing up the groups, he sent two groups composed of the prominent commanders to first receive instruction in the walking stick (6) method.

At the end of the course, Yaakov Dori, The Commander in Chief of the Hagana, came to observe the training, along with a few other prominent figures. The less well known young men of the groups who trained first in the short stick method wanted to prove their skill and went at each other full force, breaking many of the short sticks in their hands. Dori was deeply disturbed by this. At a meeting later in the day, it was decided that for safety reasons the Hagana will only teach the walking stick method. And so the R. Lang / Vigny method of the walking stick came to be officially adopted by the Hagana. Between 1941 and 1948 tens of thousands of people, and perhaps more than one hundred thousand persons, belonging to the Jewish community in Palestine (7) and abroad received instruction in the walking stick method on regular bases.

The Hagana defense force was made up of many divisions and units. Among those receiving instruction in the system, the youth of the community were in the majority of the members of the force. Through the Gadna (8), founded in 1941, all the youth of the community received instruction in self-defense from the age of 15 to 18, the age at which they joined the Hish (9), where they continued their practice of the walking stick fighting method as a supplement to their training in modern weaponry and company tactics. The system quickly spread throughout the Jewish community all over Palestine through the Gadna, youth movements, the Palmach (10), and agricultural settlements.

First and foremost amongst the reasons the walking-stick method was so popular, was the relative safety of the training which at the same time cultivated bravery in the practitioner, an essential element in a soldier. This is not to say there were no injuries while training, but that relative to the short stick, thicker and practiced at a closer range, the walking stick method appeared to be safer in the eyes of the commanders of the Hagana. In fact many veterans of the Hagana

and the Palmach have reported in interviews that hand injuries were very frequent, as were bruises and cuts to the face. Protective gear was unheard of, and even if it was something perhaps available in Europe it simply was not within the scope of the material means available to the "Hagana".

Yehiel Litner, an instructor of the walking stick method in the Hagana, told of how, while in High school at a agricultural boarding school, he instructed the method to the younger classes. He noted that the training sessions in the walking stick method and the Jujutsu classes were used as a means of weeding out the fainthearted from the participants in the course for squad leaders; those who did not handle the stress well had to drop out.

Another veteran, Ben Ami Rivlin mentioned “times of scant means and great innovation" in order to explain the creation of the short stick method, Kapap and many other things in the activities of the community regarding security and self- defense. Before beginning their training, youths were expected to go out and prepare their own walking stick. The most popular type of wood used was from citrus trees, especially the lemon tree and a certain type of orange tree. At the base of the tree one often finds young branches sprouting straight up. They tend to be very straight and rather smooth, so it was these branches most sought after, that they took and peeled before hardening over a fire. In some cases, for units of the Palmach and Hish, sticks were even mass produced.

The publication of the third "White Paper" by the British McDonald commission in 1939 (11) convinced the Hagana High command and the leaders of the Jewish community that they were headed for difficult times in which the British would downgrade the level of cooperation with the Jewish community in Palestine and intensify its fight against the Hagana. They therefore deemed it prudent to bring all underground activity down to a minimum, leaving only the essentials they could not do without. The rest of the activity would be done by the youth who would receive para-military education through the school system; all youth between ages 16 and 18, both male and female, were called on to participate.

A number of factors had come together to make the stick the weapon of choice at the time. Under the British mandate it was forbidden to carry weapons. From 1945 on, illegally carrying weapons could send the offender to jail for many years and using a

"First and foremost amongst the reasons the walking-stick method was so popular, was the relative safety of the training which at the same time cultivated bravery in the practitioner, an essential element in a soldier"

weapon was punishable by death. A walking stick, on the other hand, could be carried in the open without fear of arrest and at the same time be used as a weapon of defense when the need arose.

One major component in the education and preparation of the youth for "military" service was the practice of scouting. This activity enabled them to get to know their country, to bond with the land and to develop endurance for long walks, as well as survival skills.

Kapap lesson 1940's. other pictures of Gadna training.

These long hikes, sometimes lasting days, were done out in the undeveloped country away from the cities. Since the hikers often passed by Arab villages or Bedouin camps, the danger of an encounter with a hostile population was real. When such encounters did occur, the attackers usually employed as weapons sticks of

varying lengths, such as those commonly found in the hands of shepherds and workers in the field and ranging from one to three meters long. In these situations the walking stick came in handy and was used for defense. Most of the time, the fact that the holder of the stick showed a willingness to fight and some skill while swinging it led to a retreat or stand down on the side of the attackers.

The fact that most confrontations were with Arabs armed with clubs was addressed by adding those clubs to the weapons the youth learned how to defend against. This applied to the practice of the walking stick method as well. Since the walking stick technique was initially taught to instructors by Maishel, the developer of the short stick method, the idea of charging at the attacker preparing for a head strike was added. When Maishel was asked about the influences both systems may have had on each other in Israel, he replied that the attitude with which they practiced the short stick was infused into the method of the walking stick, meaning that one was focused on closing with the opponent and neutralizing him at close range.

Originally the purpose of the stick was to enable opposition to the British police when marching in protest. To my knowledge there are no known instances where this actually happened, though on one occasion in 1942, while Maishel and a group of youths had returned to Jerusalem from a long march down to Masada (12) by the Dead Sea, a confrontation with Australian soldiers did take place. As Maishel and his friends were crossing the street, they heard someone crying. They then saw a wagon driver, with a small wagon and horse, carrying a number of drunken Australian soldiers who were harassing him.

Maishel approached them and asked them to leave the wagon driver alone.

The soldiers did not take to this kindly and one of them dismounted and walked towards Maishel. In response Maishel started swinging his walking stick to keep the soldier at a distance. After a few flicks the soldier charged at Maishel, tackled him and pushed him to the ground. They wrestled for some time until someone walked over to Maishel, kicked him on the rear and told him to leave the soldier alone. The crowd that had gathered as this incident took place cheered for Maishel and some walked over to congratulate him on his bravery.

The relatively passive stance that the "Hagana" maintained towards Arab aggression in the early 30's and the adoption of the policy of "Havlaga", meaning the exercise self restraint, in response to the continuous attacks on Jews by Arabs during the Arab uprising of 1936-39, was the cause of much frustration within the Jewish community. The policies eventually lead to the formation of two renegade undergrounds, the Etzel (13) and Lehi (14), whose purpose was to retaliate against the Arab attacks. Many youth flocked to these movements after being disappointed with the Hagana's relative passivity. A rift had opened in the community, accompanied by much friction between supporters of the opposing sides. The Hagana was concerned about loosing the support of the "street" and engaged in continual active opposition to the renegade undergrounds on the streets, through the youth. Fights between activists of the opposing parties often times came to blows, and on occasion sticks were used in these altercations.

During the war and after it ended a flood of Jewish refugees had set out towards Palestine. The British, who had passed laws in 1939 limiting immigration to Israel, set up 6 internment camps in Cyprus to which they deported the thousands of illegal immigrants they intercepted at sea and on the beaches of Palestine. Sensing the despair of the detained refugees, the Hagana set up shop in the camps to help boost moral through organized activity, including the smuggling out of hundreds of young men. One of the programs was mandatory training that required every one between the ages of 16 and 60 to participate in a two week long training program, in which, among other things, they were taught the walking stick method of defense. The "Hagana" used this overt activity to hide their more important secret weapons training for the young detainees, knowing the British would view this activity of stick fighting exercises as sports and therefore think they were busy with harmless activities. Even in the camps the struggle between the renegade undergrounds and the Hagana continued; on occasion fights involving stick broke out.

With WWII ending in 1945, it became possible for the Hagana to send representatives to Europe in order to prepare the refugee survivors of the Holocaust fore immigration to Israel and to prepare them to be able to defend themselves in case anti-Jewish riots broke out in Europe. Thousands of youths all over Europe received training

in both the walking stick and short stick fighting methods in these training camps.

After the war of independence 1948, and formation of the state of Israel, the Gadna continued its activity as a training program through the schools, preparing teenagers for their mandatory military service upon turning 18. It was decide that the walking stick method would continue to be taught as a means of cultivating bravery. So we find the system being taught well into the sixties and in some instances even the early seventies of the twentieth century.

Interestingly, though, all this activity did not result in any kind of civilian practice of the system in the form of a martial art to be practiced regularly outside of the Gadna.

Sadly, these long years of instructors passing on their knowledge and skill did not breed experts or masters of the stick method. So, after nearly 30 years of teaching the walking stick method in Israel, the technique faded into the mists of time, only to be fondly recollected with a smile by adults when asked about days of their youth, long gone by, when they and their friends in the school courtyard used to swing a stick.

Text & Photos by Noah Gross

The Author: Noah Gross

Noah Gross lives and practices martial arts in Israel. He is currently completing the research and writing of his book about Kapap.

Lives with his wife and two daughters in Israel.

He works as a therapist practicing the Elbaum treatment method based on movement and massage. For the past years he has been teaching Martial arts. Noah has been practicing martial arts since he was six years old.

He started out with judo and then moved on to Ninjutsu which had been his passion for 20 years. In 1999 became acquainted with Kapap and one of its key formulators, Maishel Horowitz. This meeting lead to research into European marshal arts and a membership in Arma, studying renaissance martial arts. In addition in 2000 he began researching the history and development of hand to hand combat systems in pre-state Israel and is currently in the last stages of writing his book on the subject. For the past 2 years Noah has been involved with ACT (armed combat training) focused on sparring with two handed swords, sticks and spears. He had the pleasure being a student of Doron Navon, the Govrin twins, Mark Davis, Moty Nativ, Oren Ar and Alex Zelezniak.

He can be contacted through e-mail at: noahsarc@netvision.net.il

(No part of this article or in its entirety is to be published online or any other form without the permission of Noah Gross).

NOTES:

1. Kapap is the abbreviation for “Krav panim-el-panim”, that literally translates into “face-to-face combat”. A variety of disciplines were taught under this heading: Judo, Jujutsu, boxing, knife and stone throwing and the long and short stick methods. In the course of time the name came to be associated primarily with the stick fighting methods.

2. “Hagana” means defense. This was the name of the Jewish community's national underground founded in 1920 with the purpose of forming a nation-wide body that would be able to defend the members of the Jewish community in Palestine both in the city and in the country side.

3. Rafa, the nickname of Rafael Atlas, was a commander in the Hagana and was an expert at drill. He was in charge of the first Kapap course for the Hagana.

4. Maishel Horowitz was a counselor in the youth movement called “Hamahanot Haolim”. In 1940 he developed a method of stick fighting utilizing a 62-65cm long club. This system was supposed to enable members of the youth movement participating in the massive protests taking place in 1940 to defend themselves against the clubs of the British police. After the method proved its worth in a large scale skirmish with Arab villagers over a land dispute, the Hagana took notice Maishel and his system

5. “The Walking Stick Method of Self-Defense”, written by R. Lang, detailing his version of the Pier Vigny system, published around 1926.

6. For the sake of clarity I will use the term walking stick method when referring to the system Taught in Israel based on R. Lang's book, when in actuality almost no one used this name for the system, it was simply known as the long stick system.

The systems name and origin were known to few, and even among them, most thought it was of Indian origin.

7. The name Palestine refers to the land under British mandate as was defined and named at the U.N. in 1917. At the time this included what was later renamed TransJordan.

8. Gadna: “Gduday Hanoar”, the youth brigades movement formed in 1941 in answer to the need to give the youth of the Jewish community in Palestine some military training before they join the Hagana.

9. Hish, “heil hasade”, or field unit, was the next step for the 18 year olds graduating from the Gadna. These were trained units of the Hagana.

10. Palmach, “plugot hamahatz”, the “shock troops”, were the first full time soldiers of the Hagana, initially set up in cooperation with the British in anticipation of a German invasion of Palestine. The members were trained as an elite unit and used guerilla tactics and it later served as the foundation for the formation of the IDF.

11. In 1939, in the wake of the Arab uprising of 1936-39, the British had set up the McDonald commission to investigate the causes of the uprising. The result was aWhite Paper presenting a partition plan dividing Palestine in to two separate states, one for the Jews and one for the Arabs. Draconian laws that would limit immigration of Jews to Israel, that would keep the Jewish population down to a third of the total population in Palestine, and that would prohibit the sale of Arab owned land to Jews were recommended and enacted. The "White Paper" of 1939 made it clear to the Jewish leaders that the British empire felt that it had completed its obligation for a Jewish Homeland as promised in the Balfour Declaration of 1917 and the bill of mandate itself. The publication of the new laws brought the entire Jewish community out to the streets in protest. The British police responded violently, riding horses into he crowd and cracking heads freely with their clubs.

12. Masada, a fortress on the top of a flat mountain by the Dead Sea, was built by King Herod for his summer palace. Josephus Flavius in his "The Jewish war" tells us of a great siege by the Romans and a mass suicide of the besieged. It has become a national symbol fighting to the bitter end.

13, 14. Etzel or IZL, "Irgun Tzvai Le'umi", the National Military Organization, founded in1931 in a split from the Hagana, was supported by the revisionist movement headed by Jabotinsky, and Lehi, "Lohamei Herut Israel", Israel freedom fighters, founded in 1940 after splitting off from the IZL, were both renegade underground movements actively and violently opposing the British mandate forces in the hope of causing them to leave Palestine. Initially the groups were formed with the purpose of retaliating against the Arab attacks on the Jewish community the IZL in the early 30's and the Lehi after the uprising of 1936-39. Up until 1945, this activity was contrary to the line the Hagana and leaders of the community had taken up in the belief that the British would help the Jews in Palestine to achieve statehood, even if this would be accomplished slowly and with much difficulty.

Paradox in the Israeli Martial arts

It was 5 years ago that Avi Nardia brought KAPAP into the civilian market, KAPAP - meaning Krav Panim El Panim is a new name in Israeli Martial art's and teaches strong proven techniques developed by Avi and Albert Timen with other instructors with KAPAP Academy.

Over the 5 years that Avi has been in the civilian market with KAPAP he has often been attacked by many Krav Maga instructors who claim themselves to be 'Experts' within Israeli Martial arts and often claim links to 'Mossad' and Israeli Special forces. The reality is many of these Krav Maga instructors around the world have never set foot in Israel and are only claiming links to give themselves credibility.

The so called Israeli 'Expert' Grand Masters who do have links into the Israeli army only served as military drivers and not as official instructors of Krav Maga, yet they still had the nerve to trade mark the name Krav Maga and claim that they taught the official system to the Israeli police and Military.

Krav Maga is now a diluted Israeli Martial art that is taught by people with no history and little skill, which is ultimately dangerous for its students. Today some of these people in France (a guy who has spent just 5 days on a seminar and now wants to trade mark a system that he is not even proficient in!) and Holland for example, are trying to trade mark the name KAPAP, maybe they are doing that because they see a system that ultimately works and is based on reality training but what ever their reasons the only losers are themselves and their students as they do this with no support and training from Avi and the founder of KAPAP Lt.Colonel Chaim Peer.

It was Avi who approached the civilian market originally and developed KAPAP to what it is today, It is Avi who has real routes and history and it is only Avi and his instructors who can pass their knowledge into the civilian market, giving their students the correct and safe training.

In 5 years of seminars all over the world, it still surprises Avi how many "Expert" teachers are no more than a Yellow Belt in any traditional martial art.

Thanks to a lot of leg work and running from one seminar to another and the story of the Tiny frogs that Avi was told by

Mr. Patrick McCarthy *(http://www.koryu-uchinadi.com/)* the KAPAP system is now spread all over the world and its time to fight those whom have tried to trade mark KAPAP for their own benefits and commercial gain.

An important story about life told through tiny frogs:

"There once was a bunch of tiny frogs that arranged a running competition. The goal was to reach the top of a very high tower. A big crowd of larger frogs had gathered around the tower to see the race and cheer on the contestants...

As the race began no one in crowd really believed that the tiny frogs would ever reach the top of the tower. There were lots of comments like, "Oh, WAY too difficult," "They'll NEVER make it to the top," and "Not a chance that they will ever succeed. The tower is just too high!"

Soon the tiny frogs began collapsing one by one, except for those who in a fresh tempo were climbing higher and higher. The crowd continued to yell, "It is too difficult. No one will make it!"

More tiny frogs got tired and gave up but there was ONE frog that continued higher and higher and higher... this one just wouldn't give up! At the end everyone else had given up climbing the tower except for this one tiny frog who finally reached the top!

In the commotion all the other frogs were dying to know how this one frog managed to overcome all odds and finish the race? One of the contestants then asked another tiny frog how that one succeeded and where he found the strength to reach his goal?

As it turned out the winning frog was DEAF!!!!

The moral of the story: Never listen to other people's tendencies to be negative or pessimistic because they take destroy the most wonderful dream and wishes that you have in your heart. Always think of the power words have.

And to complete another beautiful essay:

"The Paradox of our Time" credit belongs with Dr. Bob Moorehead, former pastor of Seattle's Overlake Christian Church. (He retired in 1998 after 29 years in that post). The essay appeared under

the title "The Paradox of Our Age" in Words Aptly Spoken, Dr. Moorehead's 1995 collection of prayers, homilies, and monologues used in his sermons and radio broadcasts:

The Paradox of our Time:

The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints.

We spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time;

we have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry too quickly, stay up too late, get up too tired, read too seldom, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values.

We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life; we've added years to life, not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbours.

We've conquered outer space, but not inner space.

We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul.

We've split the atom, but not our prejudice.

We write more, but learn less.

We plan more, but accomplish less.

We've learned to rush, but not to wait.

We build more computers to hold more information to produce more copies than ever, but have less communication.

These are the times of fast foods and slow digestion; tall men, and short character; steep profits, and shallow relationships.

These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition.

These are days of two incomes, but more divorce; of fancier houses, but broken homes.

These are days of quick trips, disposable diapers, throw-away

morality, one-night stands, overweight bodies, and pills that do everything from cheer to quiet, to kill.

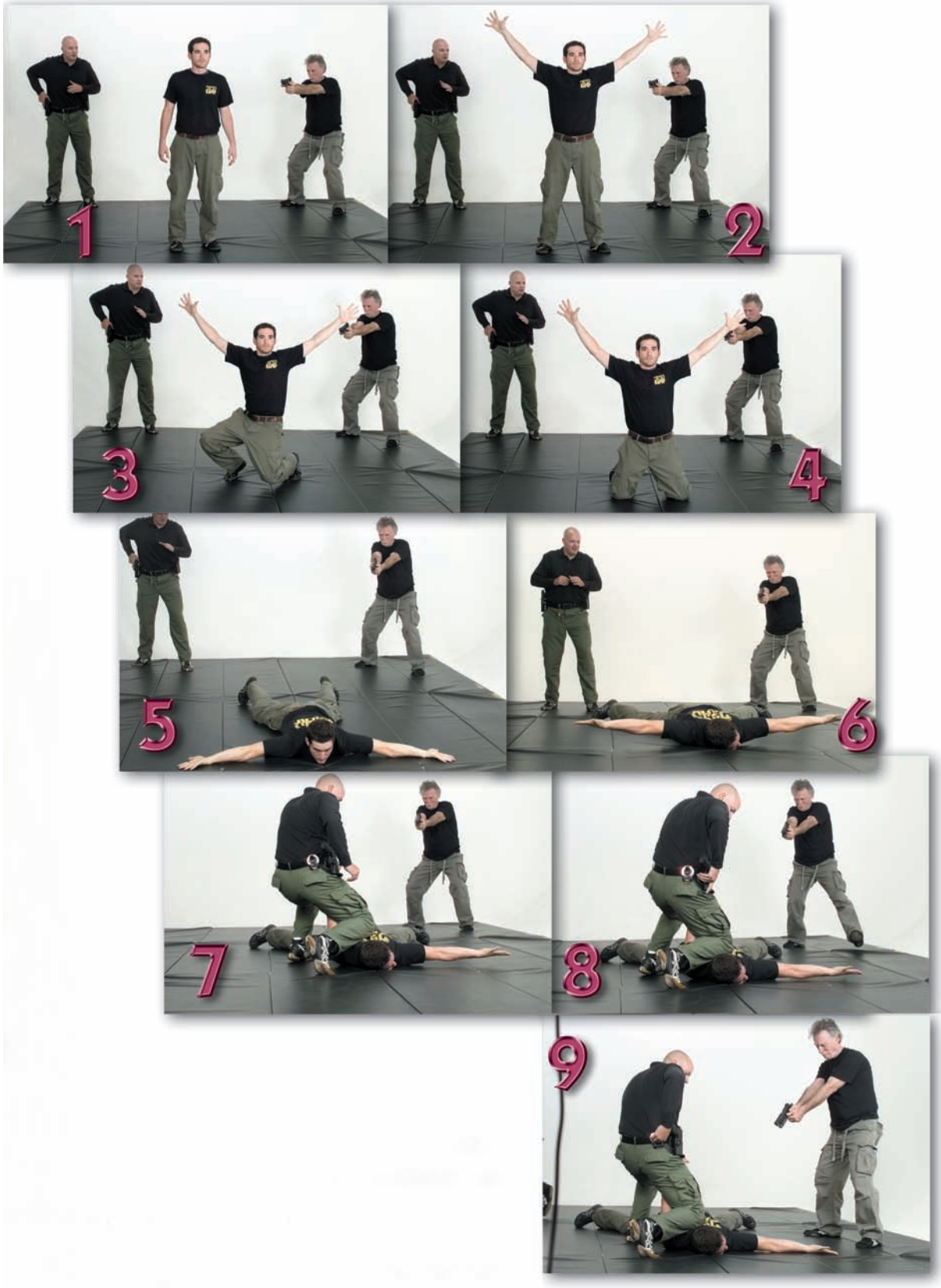
It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

We will agree that the idea is to Fight with what you have at hand - the best gun is the gun you have in your hand, as you need it!

And remember:

Advanced skills is to master your basics -

A clever guy said - Trust the guys, who are seeking truth - distrust those who pretend having found it.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KAPAP: Principle of Relative Positioning

In the last KAPAP article we described the principle of Relative Positioning as a combat necessity. (We have at times also referred to it as "Gyro".) To know your Relative Position, how to you locate yourself relative to your enemy's position and status during combat, is an essential KAPAP principle to master. It applies whether you are fighting alone or as a team.

KAPAP Academy has the good fortune of working with Professor John Machado and his concepts of positioning. When you study the art of BJJ with the Machado brothers, they first teach you "positions" before they teach you how to end a fight. It is very important to learn this way. If you don't first get into a good position it's very hard to end the fight. From a good position you move in the most efficient and effective way from one technique to another. As you adjust position relative to the enemy you feel for the appropriate end; if it isn't a choke, it's an arm bar or something as effective.

Relative Positioning is unique to KAPAP and John Machado BJJ Academies. We've been involved with John for several years. John and the Machado family have been part of a program to enhance defensive tactics training for law enforcement in the USA. We've collaborated to bring together new ideas based on our mutual expertise and experience. Using the principle of Relative Positioning, we've improved arrest and control tactics. We demonstrate them in our new DVD set, with an example here as follows.

As two police officers approach a suspect, one officer is the "contact man".

He reports to the station, talks with and instructs the suspect's movements, takes identification, handcuffs and searches, reads his rights and so forth.

The other officer is the "cover man". His ONLY job is to cover the "contact man".

He ensures the "contact man" is safe and cannot be attacked by anyone outside the first circle of defense or the suspect. The "cover man" covers the suspect with his gun if needed, and he stands a safe distance away.

Using his Relative Position to provide cover for the "contact man", he can neutralize the situation if something gets out of hand, freeing the "contact man" to perform his duty with improved safety.

The "cover man" consistently adjusts his Relative Position so that he has a clear shot at the suspect and will not shoot the "contact man".

As you can see, KAPAP uses Relative Positioning in all areas, including what is known as "defensive tactics" - tactics used by law enforcement. Due to liability and legal issues, law enforcement must follow rules governing the amount of force used, so it's important to train to use the correct level of force. Military or civilian CQB is NOT the same as law enforcement in that different rules apply. Relative Positioning helps in all cases to best choose the "finish" that is most appropriate for your situation and thus apply the appropriate force.

[Caution: we've seen military people market as "official instructors" for law enforcement "defensive tactics" training without understanding the basics of what "defensive tactics" means to law enforcement.]

In CQB, it's common to apply one method or technique and find it doesn't work. As your KAPAP studies advance, you'll begin to see how the opponent can counter you and how you can counter his counter. In KAPAP, we use the big game of the "Moon and the Sun"; where you are the "Earth" detecting and adjusting to the movements of the bodies around you. Relative Positioning exercises help you learn how to apply the appropriate systems; to think faster and counter better. As you become more experienced you predict what can happen before it happens, and you adapt. Your reflexes improve. Relative Positioning, the "Moon and the Sun" practice, helps you learn to move with your opponent and apply the next appropriate technique or finish. You seek automatic responsiveness...without thought...because in CQB you don't have time to think, only time to use your reflexes.

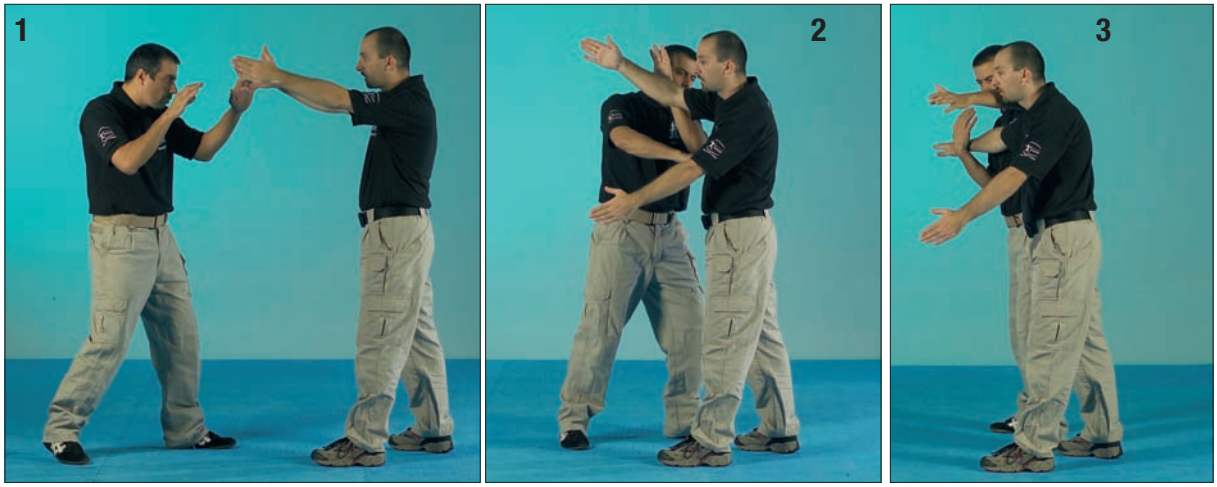
As you advance with KAPAP Relative Positioning training, you can add more complexity by increasing the number of opponents you face.

You can study how to approach them, changing your position relative to their position.

You can also study the use of a shield... by using one of them as your shield, if that is what makes the most sense. You can study the use of covers, and so forth. The most difficult situations are when you are one-on-one, or when you face multiple attackers by yourself.

We demonstrate these and other Relative Positioning concepts in our new DVD set.

Once your KAPAP Relative Positioning is good, your fighting will become such that you can dominate the enemy all of the time!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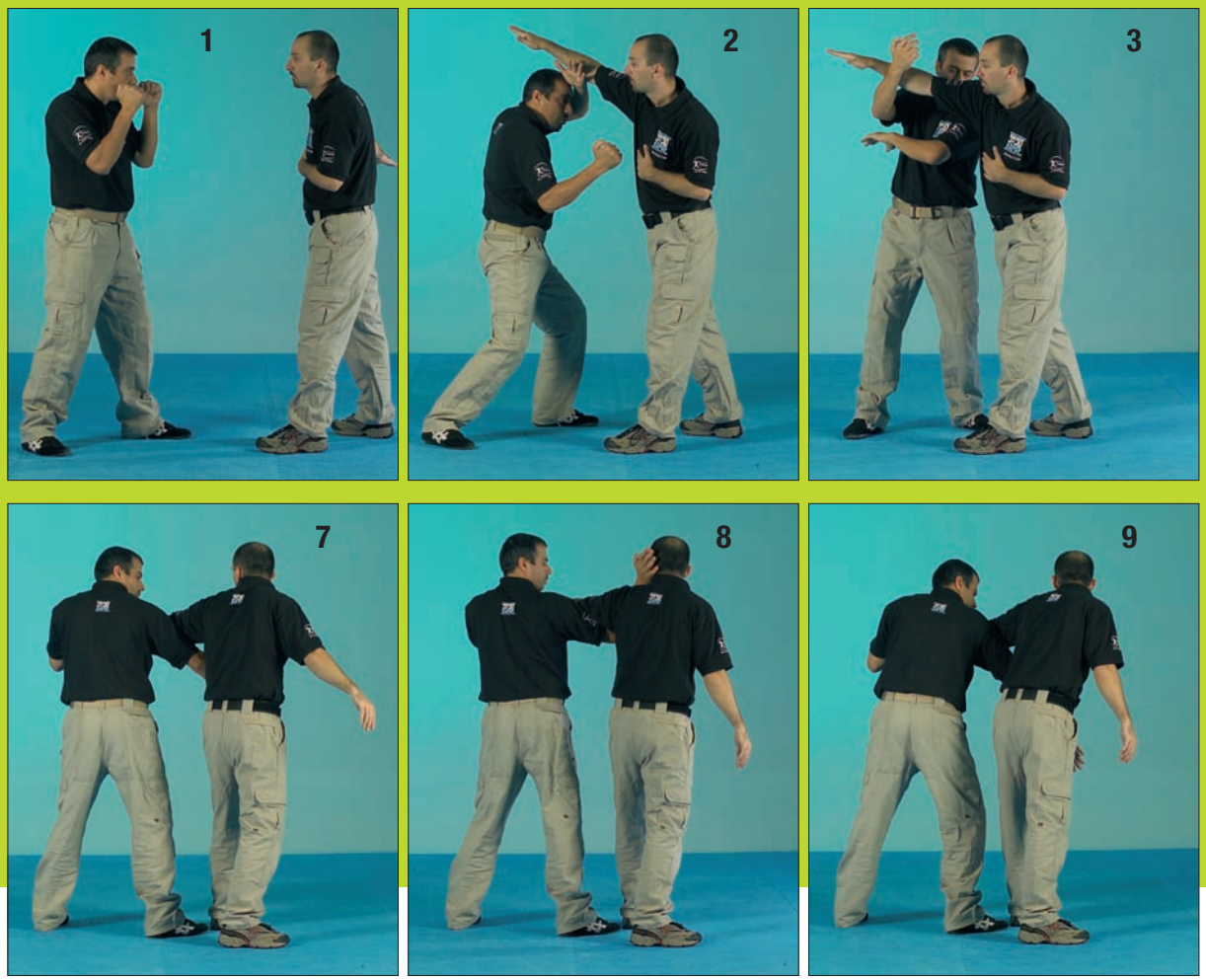
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Practical examples of various applications to the relative position principle

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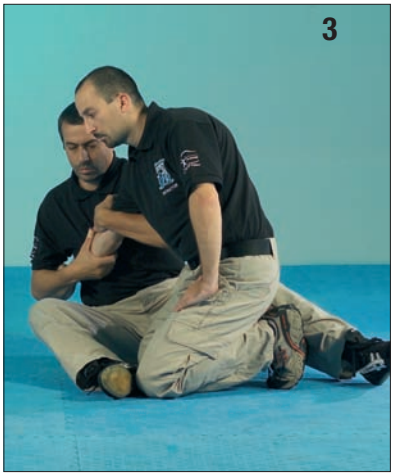
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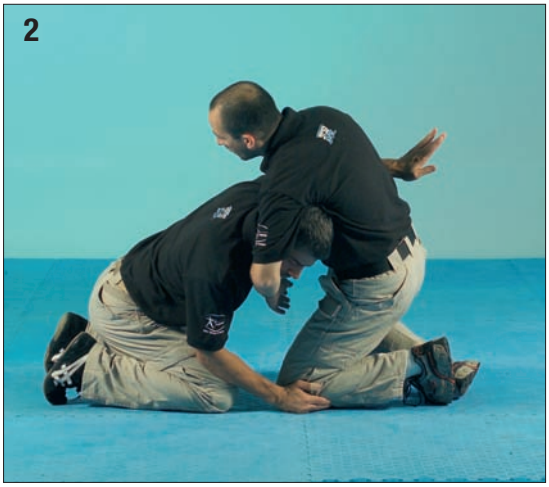
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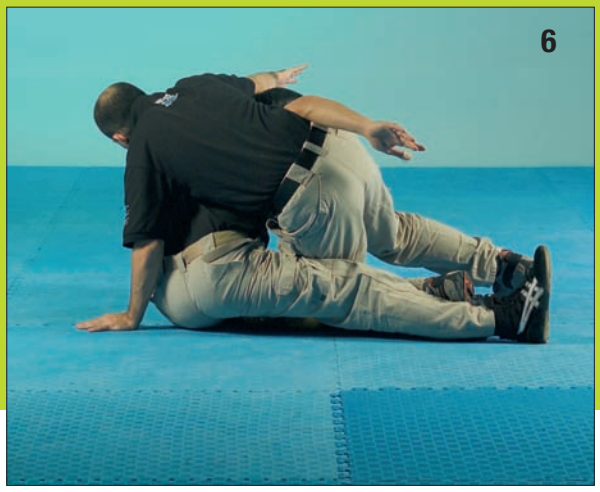
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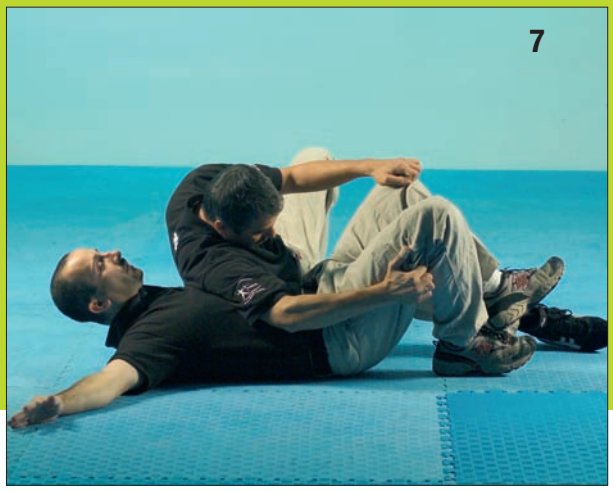
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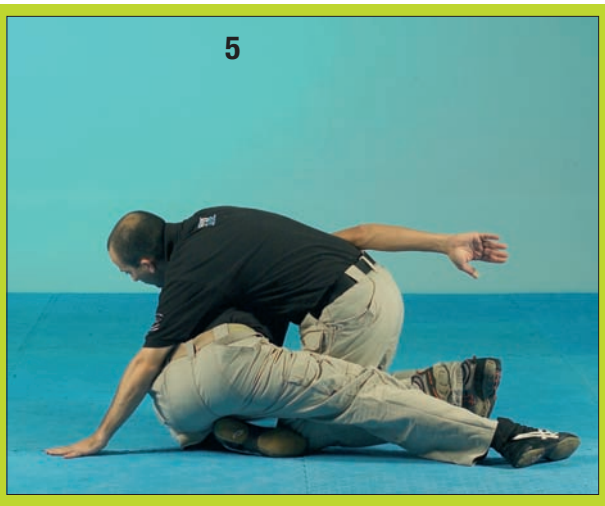

Diverse practical examples of the application of the principle of the relative positions

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Diverse practical examples of the application of the principle of the relative positions

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Diverse practical examples of the application of the principle of the relative positions

Mental Endurance: Psychological Preparation for Combat, Stress Control and Handling Combat Stress and Relative Positioning™

1500 years before **Miyamoto Musashi** wrote The Book of Five Rings (1643) describing and recommending how to develop mental endurance, it was one of the conclusions by **Sun Tzu** in his book The Art of War how mental performance can be impacted when the warrior is under violent circumstances and chaos. Mental Endurance, as I call it, was known in the Samurai codes of war and also practiced in the Buddhist training of "self-emptying". Professor John Machado likes to call it "leave your ego at the door of the school". It is also known as "Mussin " and "Muga Mussin" in Japan, coming from the fear of living under expectation of death, which lead to the Samurai code "Bushido". In 1905 Inazo Nitobe divided the Samurai code into 6 parts:

1. **Duty (Giri),**
2. **Magnanimity (doryo),**
3. **Generosity (ansha),**
4. **Humanity (ninyo),**
5. **Resolution (shiki), and**
6. **Strength of spirit (fudo).**

Working all of these in harmony will lead to the Mental Endurance that a Samurai warrior needed psychologically to face the battlefield, and what we today call "military psychology".

In a fight we experience sounds, smells, tastes, sights, impact, pain and fear that we don't face in a daily life. You can ready your body with fitness but how can you train mentally to face a fight?

Once I watched the Ultimate Fighter Championship, and since I'm not a big fan, it was fun to see one of the guys that lost start to cry since his title was taken from him… For me it looks like such an unreal situation. Why would that strong guy cry like a kid whose toy has been broken? That led me think about my partner, and Kapap™

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Academy president, Albert Timen.

Albert had a mission to arrest a suicide bomber alive. He had to follow the terrorist for more than a week. Once the operation got the okay to run he arrested the terrorist while the bomb was strapped on his body. Albert was mentally ready to take action at any minute, and he did. What he had to loose was not a title…it was his life that was on the line, and the lives of the people he was protecting. After that kind of experience, I wonder about those people who believe that the UFC, etc, is the way of martial arts.

What happened to martial arts as way of life? Where did we lose this?

We instruct and practice military martial arts and the Israeli official military systems, and its so sad sometimes to see all of those "want-to-be" martial artists that have never been a solider, yet they try and think and dress in military uniforms like they are becoming a part of the military, the Mosad, or a commando. All you need to do is to ask them to train in the rain or snow (reality training) and they all run away. But they claim that they are not traditional martial artists… they are "no-nonsense" martial artists…do they think the Israeli security forces martial art is some kind of "new aerobic" training for celebrities? Don't they understand it's a way of self-defense and not more?

The last time I was training with Professor John Machado (John Machado Brazilian Ju-Jitsu) we discussed mental training systems and how to develop Mental Endurance for combat. What is mental endurance? Why is the art of Brazilian Ju-Jitsu (BJJ) so concerned about mental endurance? Professor Machado started telling me stories about his uncle Carlos Gracie, the legend that created and developed the system of BJJ. John said that Carlos' vision was for BJJ to be a martial art that is like life, and not only a way to hurt people. It has to include how you feel, your health and nutrition, and all the mental and life angles that are sometimes forgotten. John told a story about how Carlos used to swim with alligators in the Amazon River, and how he observed their behavior. He would explore their behaviors. He learned and felt he knew how they thought. He became very relaxed while around them. He would get in and

swim with the alligators without fear of being eaten because he conditioned his mind through observation of their behavior. And after this story, John told me how Carlos became a master of chicken training (yes, chicken training). He would take a chicken that was bred to become food and make him into a "war chicken". That chicken was able to win a "chicken war" by good and right training. Carlos had methods he used to make the chicken into a warrior, conditioning the chicken in such a way that the chicken understood it could win. Carlos understood the factors of "chicken war", the fears to overcome, and how to train and erase the mental hang-ups involved. He knew how to improve mental stamina for that animal to the level that the chicken could fight "chicken wars"!

These discussions with John lead us to talk about the methods we use in the Israeli Special Forces to develop Mental Endurance. I discovered that the way Professor John Machado teaches is one of the most effective and safe ways to teach Mental Endurance.

The purpose of this column is not to teach how to do it; rather it is to describe it as one of the most important training elements needed. Additionally, by training Kapap methods of Relative Positioning™ and encountering all types of "war games", we want you to understand how this also develops Mental Endurance. It is possible to become similar to a chess master who is able to anticipate the enemy by becoming dynamic and fluid. By mastering Relative Positioning™ along with other Mental Endurance training, you will become a better fighter and a true warrior who makes martial arts a way of life instead of a sport.

Kapap™ Academy continues to expand by offering more training and DVD's that explore how to train the "Body and Mind" together. For example, we train the following:

1. The connection between the body and mind exists as mentioned in most traditional martial arts. Successful self-defense and survival is the physical manifestation of the psychological constitution and its effect on the body. Basics of visual diagnostics.

2. Fear will cause "blocks" in the body and the psyche. There is way to deal with them and overcome fear.

3. Extreme stress seriously affects the psyche and the body. We teach preparation for action in a state of stress, survival in combat and after combat.

4. The "pain-chain" and concentration. We teach the basics of working with pain.

We also access further potential within the psyche, its development and application. For example,

1. The mental attitude and its influence on one's perception of the environment and behaviors.

2. "The inner voice of the body", its development and application.

3. Intuition. Preparing the psyche for intuitive work.

4. Sensitivity and precision of perception as the basis of combat.

5. Self-development of the psyche.

Other key elements include Visual Judgment of Situations: detection of a shift of intent in others.

1. Recognizing behavioral patterns.

2. A means of visual diagnostics: logical and intuitive.

3. The detection of hidden objects.

4. Diagnostics of psychological state and intent.

5. Control over another person's intent. "Invisibility" and "the un-provocable psyche".

6. Extreme stress relating to a particular event, or cumulative stress – its effect on the body and health.

Psychological trauma and somatic health disorders: The System Approach to the Prevention and Treatment of Illness. With this, we address the following:

1. The effect of psychological stress on the human body.

2. The development of psychological trauma and its symptoms. Obsessions and their avoidance.

3. Bodily manifestations of symptoms. Working with one's psychological problems through the body.

4. Prevention of and resistance to psychological stress by working with one's body.

We have further studies on the subject of "health" from a physiological standpoint and specific exercises for the body to assist. We use "tough" work to prepare the psyche through intensive work with punching and pain. An example of this is what we call "Circle Training". It involves placing a "defender" in the middle of a circle of other students who are holding pads. The defender kicks the pads and the pad holders randomly bump and push the defender. The instructor tells the circle to close and they come in tight around the defender and begin to move the defender to the corner of the room. The defender's goal is to prevent that from happening and if they get the defender to the corner, then the defender has to pay a price (pushups or a similar activity). This is important because we want the defender to learn that they must have the Mental Endurance to fight and not stop, otherwise they pay the price. The instructor controls the intensity by commanding the circle to open or close, etc.

*(**Note:** You can see more in upcoming books and DVD's from Kapap™ Academy and Professor John Machado BJJ.)*

We transition to the subject of personal victimization, criminality, personal safety etc. These are all items we employ at Kapap™ Academy to ensure that our students are true students of martial arts by receiving training that addresses all elements needed for self-defence and survival…including Mental Endurance.

kapap
Combat

Knowledge& Judgement

Knowledge and judgment come from experience. Experience comes from good or bad judgment regarding life situations, which leads to evolution over time. That's how Close Quarter Battle (CQB) and Defensive Tactics is built up and improved every day.

There is old story a Zen teacher told me “In the Zen temple at the time of evening meditation the cat that used to live there made too much noise. So the Zen teacher asked a student to tie the cat up each time they would meditate. After years had gone by, the teacher and the student passed away and so did the cat. A new cat was brought to the temple and the tradition of tying the cat was maintained. 100 years later, many Zen philosophies were written around how important it is to tie a cat at evening meditation…”

As you see, sometimes we do things and we don't know the real reason we are doing it for. We just copy martial arts moves but do not understand them. If we don't look for the reasons behind it all, or seek to uncover potential problems with doing things this way or another, we will not keep going forward and we may lose the real reason why the teacher tied the cat up in the first place (which may not have any current relevance). We may be missing the opportunity to advance to a better level in our training.

Thinking “outside-of-the-box” is the skill you must adopt as you teach CQB and defensive tactics. Life is random in many ways, and therefore you must be more random as a teacher and not follow the “curriculum”. If you teach in a box and in a frame that has a locked up curriculum, and you do not to think and analyze fast, teaching randomly will be harder than it seems. It is also harder for the students because you will demand from them to think, and most people don't like to think. That's why they fall in love with the misleading terms of “keep-it-simple”. They do not realize they are hooked on boxed-in systems based on knowledge of two moves…the “McKrav” schools that have two moves for any knife/ edged weapon attacks and gun disarming…moves which appear in historical manual books of the British officers Fairbairn and Sykes and later by legendary Col.Rex Applegate, tecniques which contain deadly mistakes for today's reality but are still taught as a “new” and inovative.

Kapap Academy™ has evolved through experience and knowledge, so those deadly mistakes are no longer made,

but we continue to see them still recycled in the market as the “Official Israeli Martial arts “ .

In real combat, we count on our sensors to get more information in “real time”. We use smell, vision, hearing, feeling and taste to receive feedback as to what is transpiring during the fight. That's why it's very important to attack your enemy's sensors in a real fight/survival situation. If you fail to unbalance the enemy's sensors, you are going to reduce your survivability.

This is the reason that Kapap Academy™ teaches first to attack the sensors to help us survive better. We target the enemy's eyes, ears, nose, skin, nerves, and anything that will help us to make him disoriented. We need to remember that under CQB conditions, it's not only what you can do to your enemy but also what he also can do to stop you. Most of the time he will have the first move because he surprised you and you will be under the first stress. Your sensors may be the first to be hit and you will be disoriented. So as a basic training to teach disorientation without panic or confusion and loosing your survival system we use a swimming pool and a system called “Drownproofing”.

As humans we have a natural fear of drowning and the pool gives us a great tool to train better to deal with fear and being able to react under stress. Drownproofing was developed by swimming coach Fred Lanoue, who was known to his students as “Crankshaft” because of his limping gait. It was first taught in 1940. His method was so successful that it gained national recognition and the US Navy took interest, adopting it as part of their standard training. Once they had mastered the Drownproofing technique, students learned how to stay afloat with their wrists and ankles bound, swim 50 yards (46m) underwater, and retrieve diving rings from the bottom of the pool using their teeth, along with some other activities. They also began to add with this some other disorienting elements like “cold water conditioning” by letting them become very cold which stresses more and more sensors of the body as it approaches hypothermia.

We've adapted these training techniques for our purposes. For example, we also unbalance the vision by splashing water into the eyes with hands or water guns, or give students goggles painted black to block the vision.

Another water-based training element is to box and kick after being in cold water for a period of time. Since the skin is a sensor and has had to deal with the cold, it causes disorientation.

We also perform knife fighting in the water while another student splashes water to their eyes. This helps to simulate eyes injured in a fight so the students learn they can't count on vision only. It's why sensitivity exercises are so necessary in martial arts.

Another successful method of training is to have our students released from guillotine holds while they are under water so the fear and stress level is more realistic. We do throws in the water…water is the best mat! Water is excellent for cardio training as well.

This kind of training is an example of how Kapap Academy helps its students have more realistic experiences to gain better knowledge and judgement to deal with real life CQB.

Future DVD's will contain examples of the above types of training. We encourage you to purchase our current new DVD set to get a feel for Kapap Academy training.

Sensor System Control: How to Attack Sensory Systems to Create Better "Reality-Based Training"

How many senses does a human have?
Definition of "sense":

There is no firm agreement among neurologists as to exactly how many senses there are, because of differing definitions of what a sense is. In general, one can say that a "sense" is a faculty which perceives outside stimuli. School children are routinely taught that there are five senses (sight, hearing, touch, smell, and taste). These are general. (Common sense and the sense of humor are no less important!)

There is more to "senses" then you might think!

Thermoception is the sense of heat and the absence of heat (cold), by the skin and including internal skin passages. There is some disagreement about how many senses this actually represents - the thermoceptors in the skin are quite different from the homeostatic thermoceptors, which provide feedback on internal body temperature.

Nociception (physiological pain) is the nonconscious perception of near-damage or damage to tissue. It can be classified as from one to three senses, depending on the classification method. The three types of pain receptors are cutaneous (skin), somatic (joints and bones) and visceral (body organs). For a considerable time, it was believed that pain was simply the overloading of pressure receptors, but research in the first half of the 20th century indicated that pain is a distinct phenomenon that intertwines with all other senses, including touch. At present pain is defined scientifically as a wholly subjective experience.

Equilibrioception, the vestibular sense, is the perception of balance or acceleration and is related to cavities containing fluid in the inner ear. There is some disagreement as to whether this also includes the sense of "direction" or orientation. However, as with

depth perception earlier, it is generally regarded that "direction" is a post-sensory cognitive awareness.

Proprioception, the kinesthetic sense, is the perception of body awareness and is a sense that people are frequently not aware of, but rely on enormously. More easily demonstrated than explained, proprioception is the "unconscious" awareness of where the various regions of the body are located at any one time. (This can be demonstrated by anyone's closing the eyes and waving the hand around. Assuming proper proprioceptive function, at no time will the person lose awareness of where the hand actually is, even though it is not being detected by any of the other senses)! It can be used in reaction time.

The senses and intelligence

Research into how creativity manifests in different individuals described multiple kinds of intelligence: visual, musical, logical/mathematical, linguistic, movement, naturalistic, kinesthetic, intrapersonal and interpersonal intelligences. Most of these correspond to particular senses - in fact, all of them are called the higher senses of language…thought and ego are included. Other senses (taste, smell) may also have their own particular intelligences. The relationship between intelligence and sensory perception thus appears to be a close.

It is proposed more than 30 senses actually exist, including the sense of time and the sense of fear.

Ames room

An Ames room (photo 1-2) is a distorted room that is used to create an optical illusion. It was invented by American ophthalmologist Adelbert Ames, Jr. in 1946 based on a concept by Hermann Helmholtz.

An Ames room is constructed so that from the front it appears to be an ordinary cubic-shaped room, with a back wall and two side walls perpendicular to each other and perpendicular to the horizontally level floor and ceiling. However, this is a trick of perspective and the true shape of the room is trapezoidal: the walls

are slanted and the ceiling and floor are at an incline, and the right corner is much closer to the front-positioned observer than the left corner (or vice versa).

As a result of the optical illusion, a person standing in one corner appears to the observer to be a giant, while a person standing in the other corner appears to be a dwarf. The illusion is convincing enough that a person walking back and forth from the left corner to the right corner appears to grow or shrink.

Panic attack

A panic attack is a period of incredibly intense, often temporarily debilitating, sense of extreme fear or psychological distress, typically of abrupt onset. The feeling of fear in the body can be so intense it may even be borderline painful. If one has never suffered from an attack, it is very hard to describe in words. A panic attack is different from a normal 'fear' because the panic attack very often paralyzes the person in complete paranoia and worry. First time panic attacks are usually one of the worst experiences of a person's life. Usually first time sufferers of a panic attack truly believe they are dying.

Claustrophobia is an anxiety disorder that involves the fear of enclosed or confined spaces. Claustrophobe's may suffer from panic attacks, or fear of having a panic attack, in situations such as being in elevators, trains, boxes or aircrafts…and what we see as CQB - Close quarter battle problems.

People who are prone to having panic attacks will often develop claustrophobia. If a panic attack occurs while they are in a confined space, then they often experience claustrophobe fears of not being able to escape the situation. Those suffering from claustrophobia might find it difficult to breathe in closed auditoriums, theatres, and elevators.

The name claustrophobia comes from the Latin word claustrum, which means "a bolt, a place shut in" and the Greek word phobos meaning "fear".

So, how do you use this knowledge to teach and ready yourself better for reality combat?

Using tilt rooms or Ames - Illusion rooms to hit the sensors as you teach CQB will create stress on the student to accelerate the effects of fear for them. Maze rooms are effective and are modified illusions.

Using cold and heat inside the room, we can create stress on the students using many different ideas of fears to help him explore the fear and panic attack.

A small maze

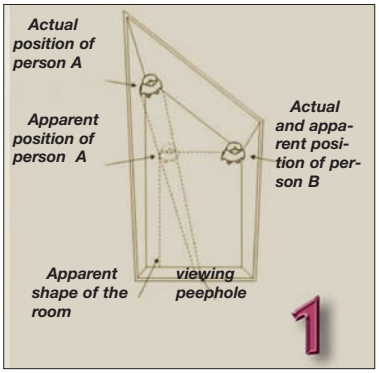
The Kapap Academy principle of “Attacking the Sensors First” is why in the newly released Kapap Academy DVD we demo the first 3 basic moves of attacking those sensors. By taking our approach of attacking the sensors to remove them from the body of the target, we have better chances to win the conflict.

Here is example of a Sensory System Attack we use at Kapap Academy:

Avi is being choked. First he strikes the attacker's ears to take his hearing and balance system (4 & 4.1). Then, following the principle of “Economy-of-Motion” he sweeps his hands to “brash” the eyes (5), then follows through to the end by striking his wrist, to make the attacker's senses “telegraph” he has been attacked high so Ave can employ his knee for a groin strike (6).

We use these principles for self-defense. We train initially with simple ideas, just as Professor John Machado BJJ teaches students to put the Gi on your face after high cardio work to feel the “fear “ of the sensors kick in (try it sometime). This is a most simple and inexpensive way to get the idea of training in each dojo using the students Gi, and could be another good reason for training with a Gi.

Another example is using Tilt Room, which can make you feel “drunk” because your sense of gravity tells your brain one type of information, while other senses, like vision and balance, tell your brain different information. The more the senses cross information, the more it causes confusion in the brain. This type of illusion will make the student want to get out of the room (stress and fear training). Kapap Academy uses these, and other situations and methods to train our students and instructors, using basic combat moves, to be effective in real combat situations.


Actual position of person A
Apparent position of person A
Actual and apparent position of person B
Apparent shape of the room
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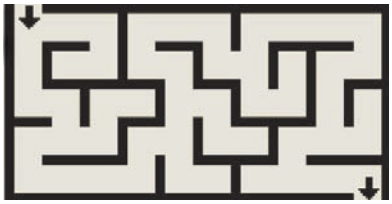

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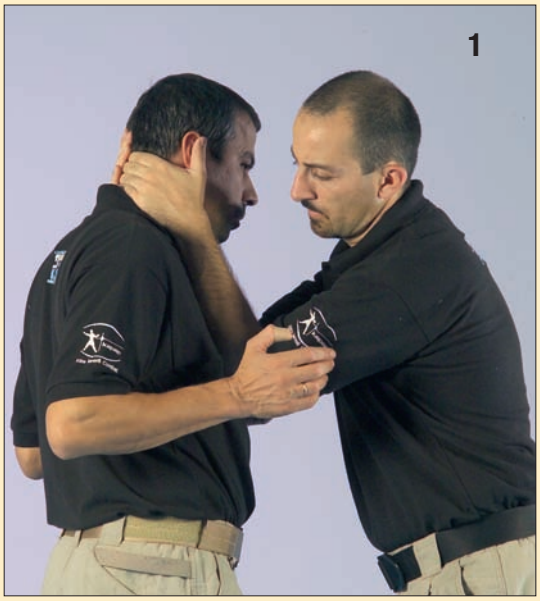
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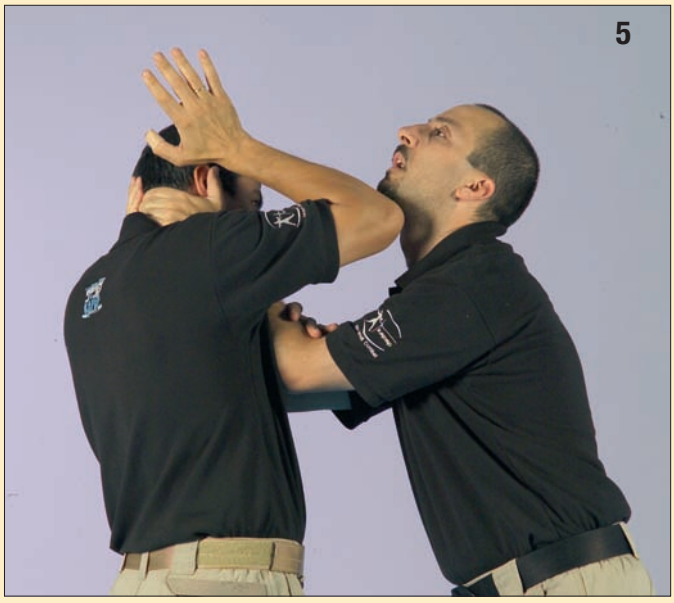
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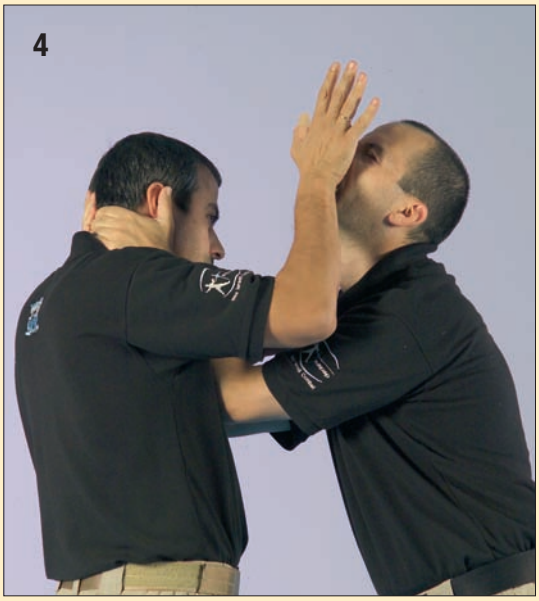
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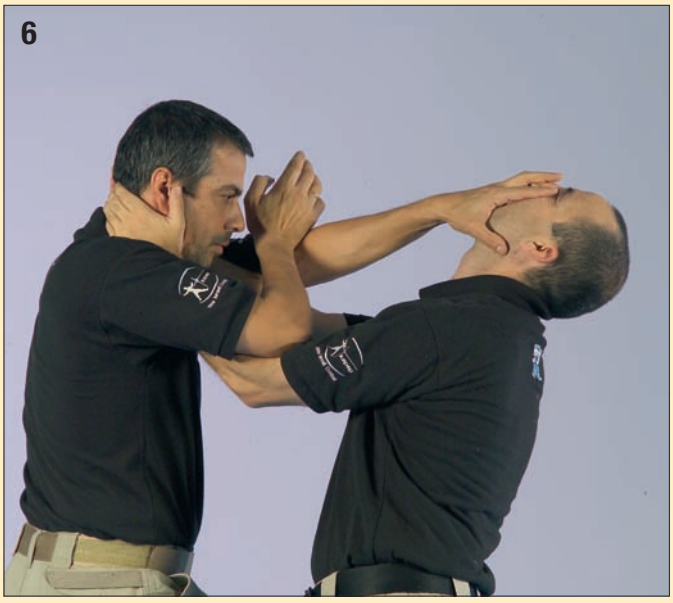
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Finding The Right Student: Why Kapap Academy is Only Open To The Right Students

The first article we wrote for Budo magazine was about finding the right teacher and tracking the "WAY". As described in that article, training with the wrong teacher is not called training at all; it is better to wait 15 years to train with the right teacher than studying with the wrong one now. I learned this from a great swordsmanship teacher, Kubo Akira sensei, and a great BJJ teacher, Professor John Machado, proved the same principle to me.

That being said, decades of teaching allow me to ask the other important question to you: What is the right student?

Today we are facing "fast food" martial arts schools. Kids the age of 7 hold black belts. There are so many "experts" on the market who have only 2 years of training. The martial arts market is teaming with people making money off of people receiving their black belts quickly. There seems to be more business-oriented people than true martial arts teachers and students. It also seems that students don't want to (or don't know HOW to) act as students anymore. A large part of the problem is there are not many real teachers out there who know how to mold students into being students first. Many in teaching roles today simply view "students" as customers with the "teachers" "rubber stamping" certificates in exchange for cash. So many of them are willing to sell you the new "package", or "kit from A to Z - buy today and be a Black Belt tomorrow". We see "experts" in virtually any field you can name, and some are made up. The "grand master" says take this class today and run your own program tomorrow...

It's shocking how many people we have met in the last 5 years, who have taken a course "yesterday", which was their first time training with firearms or self-defense, and now we see them popping up with DVDs and full marketing systems for Israeli shooting, ground fighting systems, and whatever they can think of.

They seem to be marketing guys who want to make money off of unsuspecting students who don't have the knowledge or background to ask about the legitimacy of what is presented. It's DANGEROUS. These "students" who then become "teachers" seem to be of the

nature that they don't want to think and find the answers themselves, but are ready to buy the package kit with cool t-shirts, coffee cups, DVD experts, certificates, and car stickers so everyone can see how "amazing" they are and they can get more unsuspecting "customers/students".

Believe it or not we fully appreciate the logic behind the idea that the student needs the teacher and the teacher needs the student. Without the two meeting, it is hard to get a school running and for it to become a place to study, as it should be. The reality is teachers do need to pay rent and feed their families, and the students need to be able to go to a place to obtain knowledge. Unfortunately, sometimes truly great teachers have to limit the number of students because they are unable to manage a school due to a lack of management skills. Likewise, we see a "grand master" in the market with mostly yellow-belt students running very successful chains of "McDojo's" even though he has virtually no martial arts skills…but he does have decent business skills. Is the student really learning anything of value though or is it just a workout? In our opinion there is a need for legitimately good teachers with business sense enough to succeed in the market.

5 years ago I was shown a DVD made by some Israeli martial arts "experts". The DVD contained the following (paraphrasing): "This is not traditional martial arts…this is no-nonsense martial arts". When I saw this, I wondered, "who are those people who can make such claims, and how good are they really to think that traditional martial arts are nonsense". This is what opened my door to the civilian market for first time.

I did some exploring and was shocked because, of those "experts" and "instructors" from those systems and organizations that I encountered, none of them even knew how to correctly throw, choke, kick, punch or many other basic martial arts moves. They kept talking about "keeping it simple" but none could get out from any hold or perform basic self-defense. Yet, they were marketing to students that they "KNOW" all about how to "drink tea with full cup", all the while "tapping on their ego" (as we say).

If they fall from their Ego its like falling from a high building

They are "grand masters" only because of business associations.

In a good martial arts school they would never cross the level of yellow belt. Such missed knowledge could only lead to the kind of saying on that DVD…and also to me watching as the “grand master” showed gun disarming with many mistakes, making sure to point the gun at all times to his stomach so his fat abs will stop the shot…

Kapap Academy, as described in a previous article, decided to perform the Gideon Test with our students. We have been providing Kapap Level 1 Instructor Certification courses and carefully examining what the students do once they get their course certificates. How do they act, what do they tell people, what do they choose to do with the knowledge, what do they represent to the public? After 5 years of teaching, we have only a handful of official instructors we consider to have passed the Gideon Test and who have received their official teaching license and certificate from us. There are many who show their Level 1 Certificates (which only means they have completed the course), claiming they can teach Kapap, but they have failed the Gideon Test because they have not taken the steps to become officially licensed Kapap Instructors. They are not plugged into our system and do not have access to our full knowledge. We are not in the “McDojo” business, and we want the reader to know that when they learn from a Licensed Kapap Instructor, it is someone we have personally approved to share our knowledge of Kapap with - people whom we believe we can trust to truly teach true students. These are people we also consider our true students and who can then impart our knowledge to their students. They will continue to learn and advance as our students (and thereby advance their own students) as long as they are willing and able to. They are not people who are solely motivated by money, and they have skill. If you see anyone marketing ANY level of Kapap instruction who cannot ALSO show you a teaching certificate, and who ALSO does not a appear on our web site as confirmed by us as certified instructor, then he or she is NOT a licensed Kapap Instructor and you should be wary.

So you know, part of the Gideon test was essentially to meditate on the Sounds of Silence…

Four monks decided to meditate silently without speaking for two weeks. By nightfall on the first day, the candle began to flicker and then went out.

The first monk said, "Oh, no! The candle is out."

The second monk said, "Aren't we not suppose to talk?"

The third monk said, "Why must you two break the silence?"

The fourth monk laughed and said, "Ha! I'm the only one who didn't speak."

Believe it or not, we have seen in this market a grand master that passed a way years ago who is somehow still signing Israeli martial arts certificates. We want you to know we are alive and here to answer if our students are qualified or not, so please ask us, and don't believe everything you see out there. It's easy to hide behind a dead teacher and claim you were his best student; it is hard to do that with us because we are alive to hold our students accountable. Many love legends about dead teachers and don't want to deal with living teachers.

So, what is the right kind of student? It could it be the one that really wants to study with you, but in this market, does the student really want to study under you or just want to buy his certificate (the faster the better)? You must ask yourself this question.

We generally teach our students and instructors to be open minded about many martial arts systems. Sometimes, however, I tell my students “no, you can't study some systems because what we do correctly is incorrectly taught in other systems, so how can you teach in one class the correct move, and then teach in another class a different system that has the wrong move?” It can be done if the systems do not counter one another, but otherwise it is completely illogical.

This reminds me of a Zen story about Chasing Two Rabbits…

A martial arts student approached his teacher with a question.

"I'd like to improve my knowledge of the martial arts. In addition to learning from you, I'd like to study with another teacher in order to learn another style. What do you think of this idea?"

"The hunter who chases two rabbits," answered the master, "catches neither one."

We have been asked many times how long it takes to become a Kapap black belt. In some schools all students seem so good it takes only a one-year and a Chase credit card. In other school you can pay only with time, sweat, tears, blood, and hard work. Which one would you chose to teach in or learn from? Some go

happily to the bank with the money from their sucker students. Others teach with a budo philosophy, which is how in Kapap, we choose to teach.

Sometimes, the student asks how long for black belt, and we say it takes10 years. If he keeps asking, “what if I train real hard and do not sleep?” - the answer will be, 20 years.

Every teacher will choose the students he wishes to teach. That also means the old saying “stupid teacher needs stupid students” proves true. But some think it is smart because it serves all purposes - the student wants the belt and the teacher gets the income. Unfortunately, the reality is the teacher gets rich and the student is rich with a belt but poor in useful knowledge.

If you don't accept your teacher as teacher, but rather you think about him as store that supplies certificates and belts to you, then you are the wrong student for Kapap...There are many rich “teachers” that will be more than happy to get you to be their best student, best bodyguard, best champion, best “expert level instructor”, etc, as you pay your way to the top. The reality is bad students eventually later become bad teachers. That's the main problem we see in the market today. There are too many teachers who should still be students of good teachers.

Sometimes I dream that all will get back to the old way, but then I wake up and ask “do I dare to dream that?”. So I will end with a nice story about dreaming…

The great Taoist master Chuang Tzu once dreamt that he was a butterfly fluttering here and there. In the dream he had no awareness of his individuality as a person. He was only a butterfly. Suddenly, he awoke and found himself laying there, a person once again.

But then he thought to himself,

"Was I before a man who dreamt about being a butterfly, or am I now a butterfly who dreams about being a man?" Please visit www.kapapacademy.com to purchase our our new DVDs set which demonstrates common mistakes in the Israeli Martial arts.

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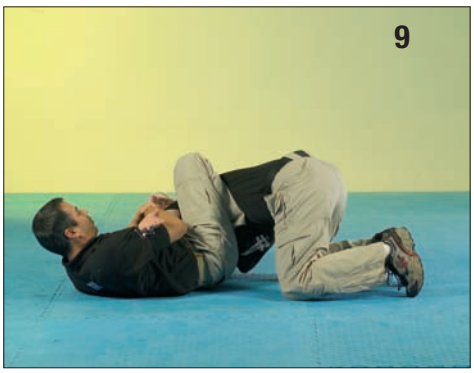
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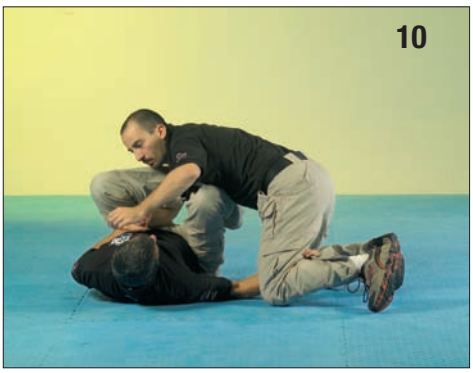
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Kapap stretch

Photographer: Amal Hammoud

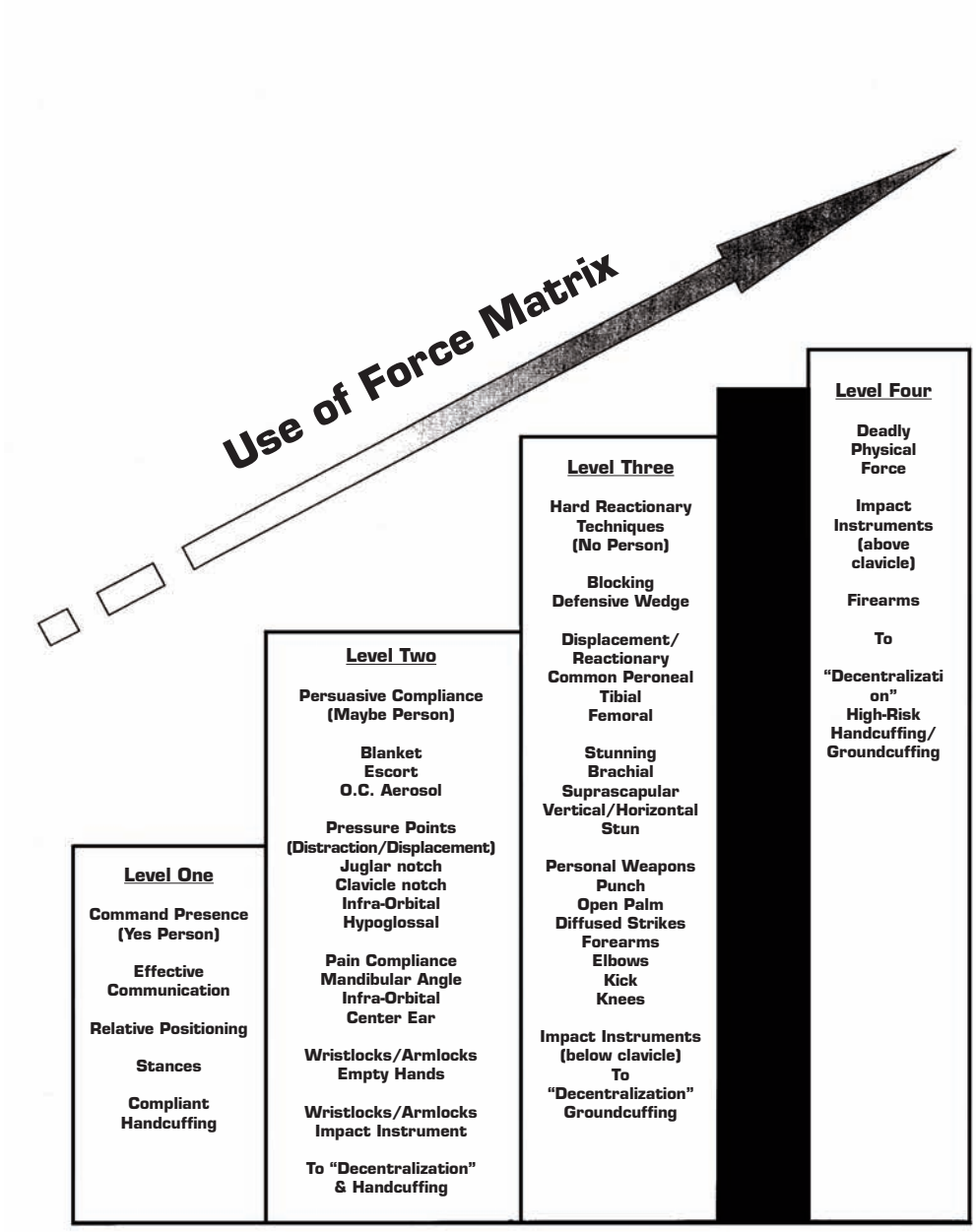
Kapap stretch application

Photographer: Amal Hammoud

Kapap warm up as Yoga BJJ mixed

3rd Generation

Photographer: Amal Hammoud


Use of Force Matrix
Level One
Command Presence
(Yes Person)
Effective
Communication
Relative Positioning
Stances
Compliant
Handcuffing
Level Two
Persuasive Compliance
(Maybe Person)
Blanket
Escort
O.C. Aerosol
Pressure Points
(Distraction/Displacement)
Juglar notch
Clavicle notch
Infra-Orbital
Hypoglossal
Pain Compliance
Mandibular Angle
Infra-Orbital
Center Ear
Wristlocks/Armlocks
Empty Hands
Wristlocks/Armlocks
Impact Instrument
To "Decentralization"
& Handcuffing
Level Three
Hard Reactionary
Techniques
(No Person)
Blocking
Defensive Wedge
Displacement/
Reactionary
Common Peroneal
Tibial
Femoral
Stunning
Brachial
Suprascapular
Vertical/Horizontal
Stun
Personal Weapons
Punch
Open Palm
Diffused Strikes
Forearms
Elbows
Kick
Knees
Impact Instruments
(below clavicle)
To
"Decentralization"
Groundcuffing
Level Four
Deadly
Physical
Force
Impact
Instruments
(above
clavicle)
Firearms
To
"Decentralizati
on"
High-Risk
Handcuffing/
Groundcuffing

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KAPAP

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